

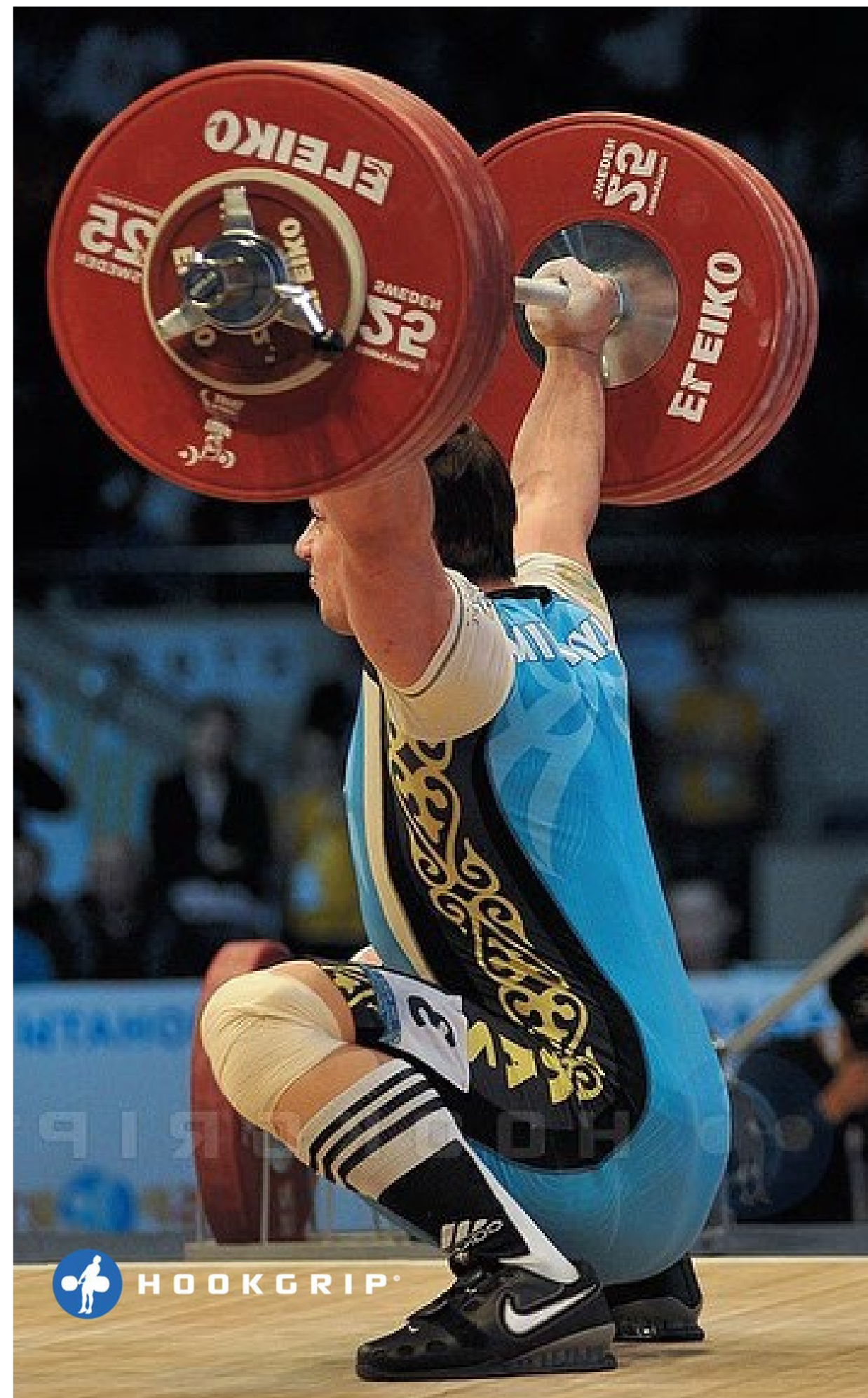
WUKE #3

IMPROVE HIP MOBILITY

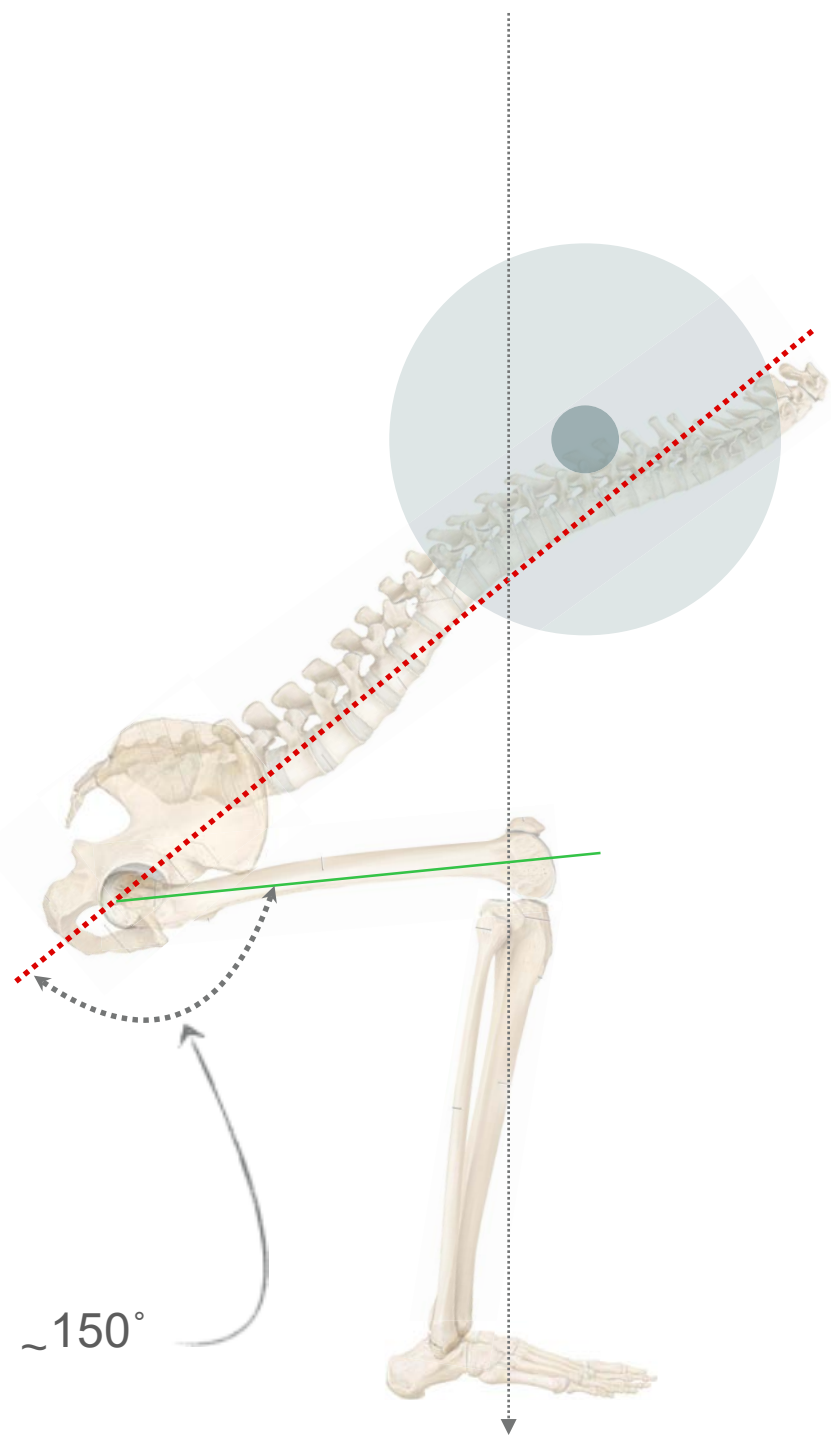
IMPROVE HIP MOBILITY

Limited hip mobility increases the propensity that the athlete will load the lumbar spine in flexion.

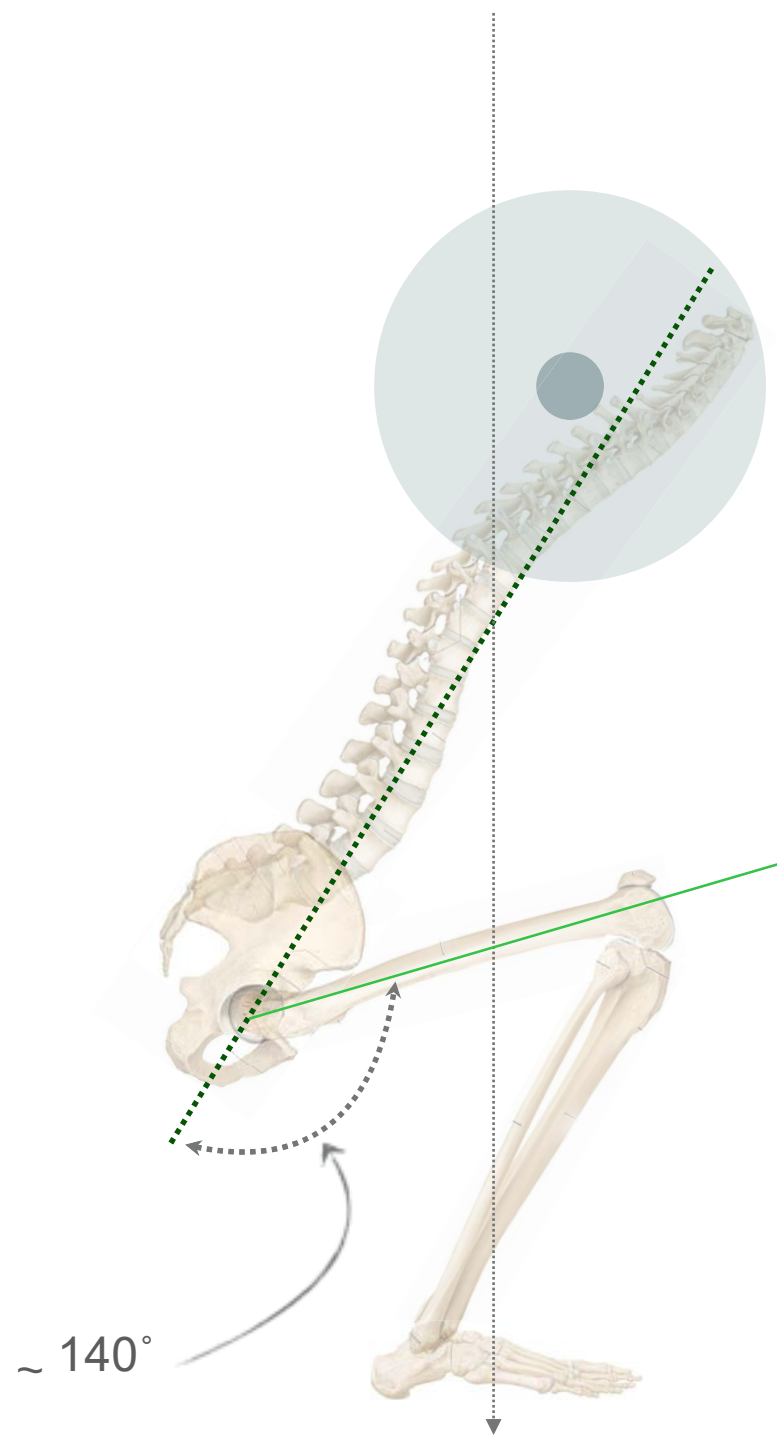
Deadlifts, cleans, squats, snatches, RDLs, all require different degrees of hip mobility. If the athlete lacks the requisite hip mobility, he will likely load the lumbar spine in flexion, thereby, increasing the likelihood of lower back pain and even disc herniation.



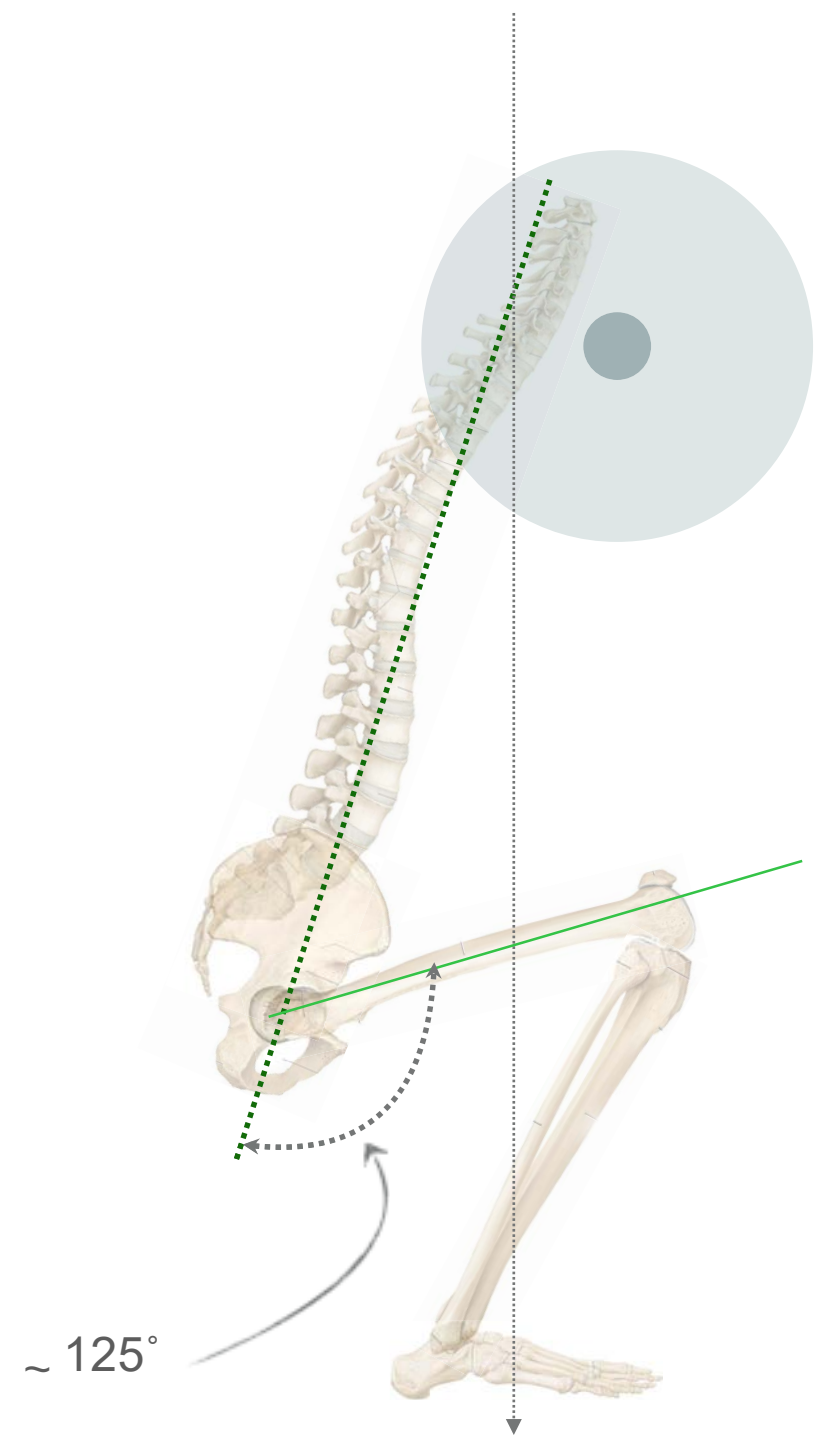
SQUAT VARIATIONS, TORSO ORIENTATION & HIP MOBILITY



Low Bar B-Squat



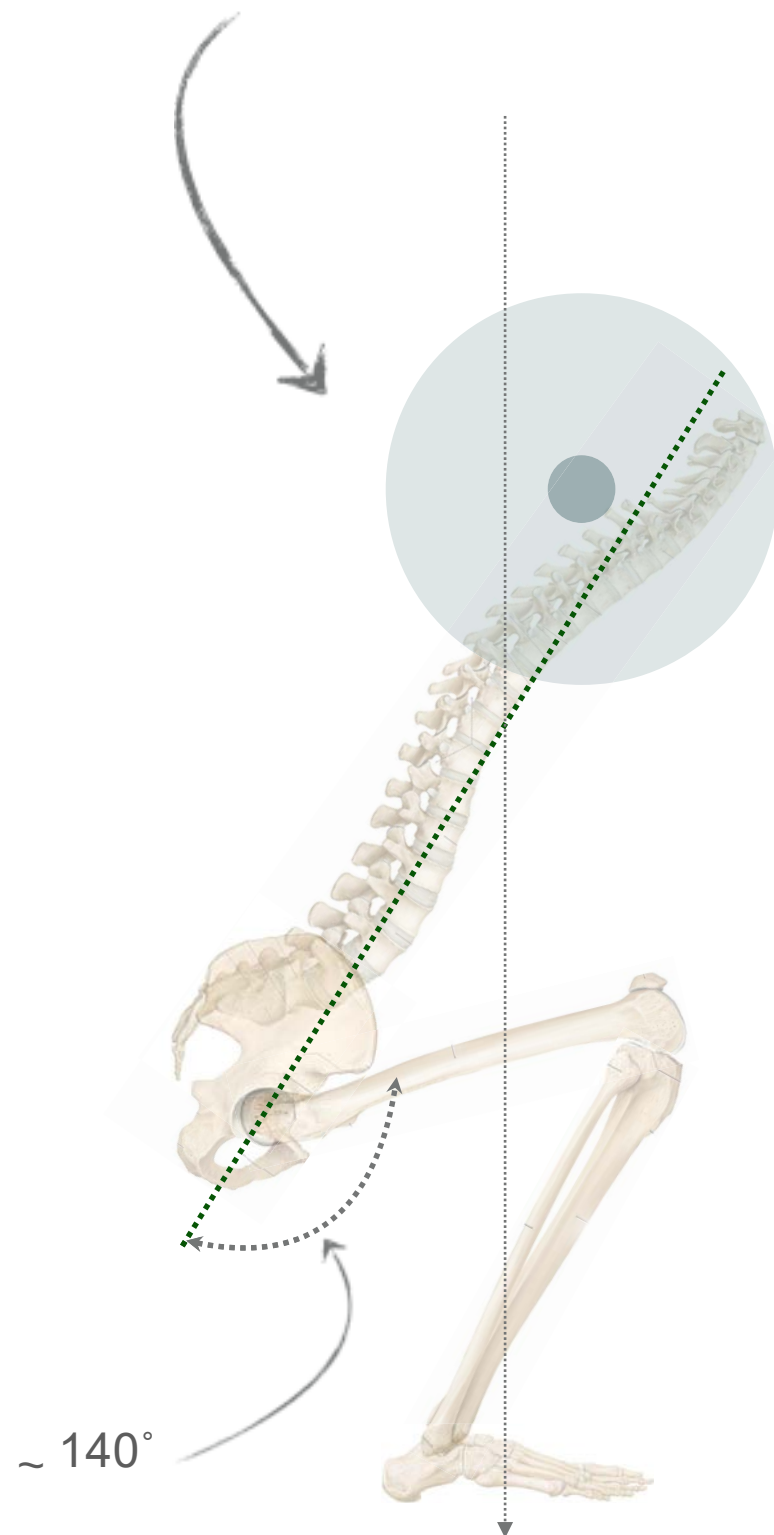
High Bar B-Squat



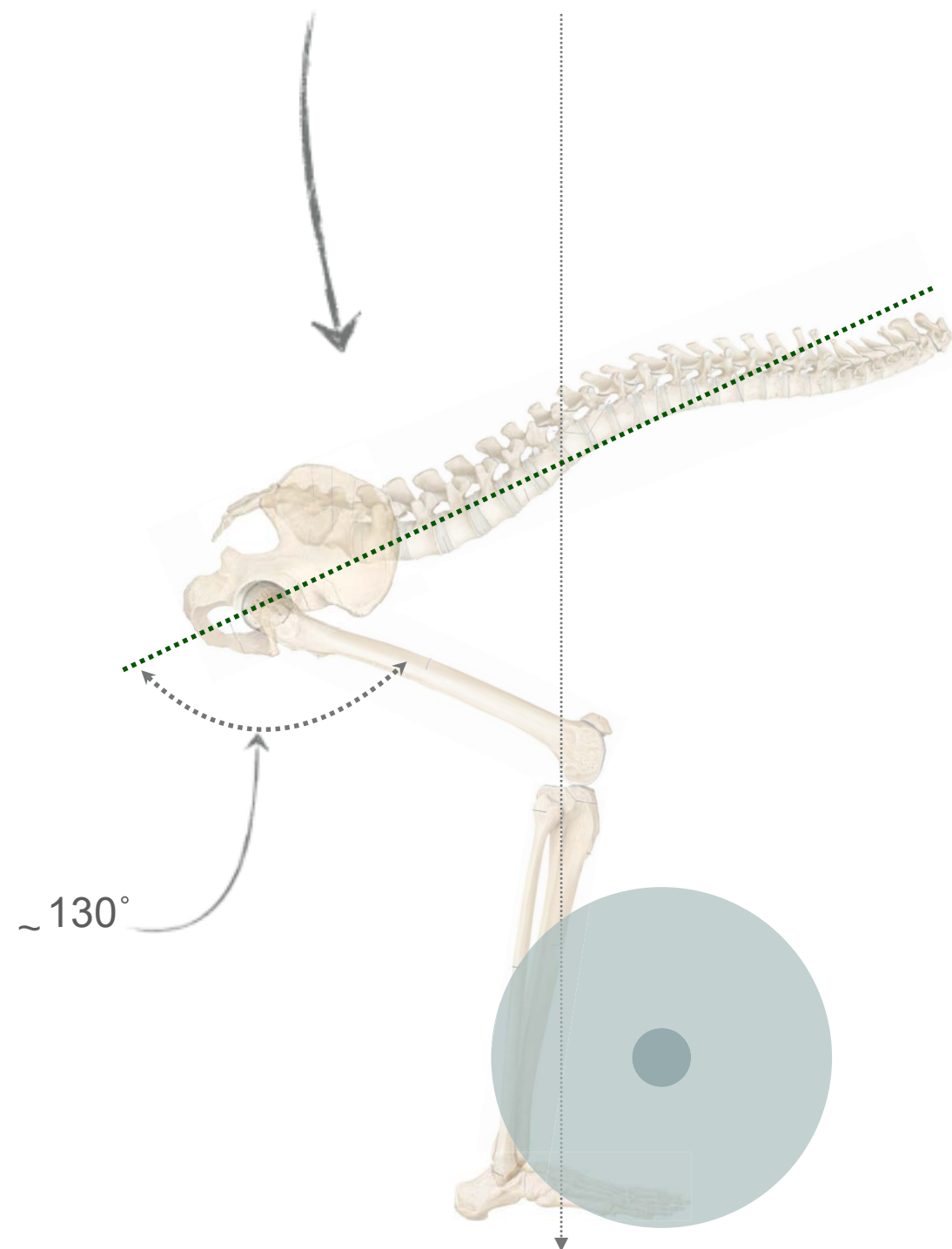
Front Squat

SQUAT VARIATIONS, TORSO ORIENTATION & HIP MOBILITY

High Bar B-Squat

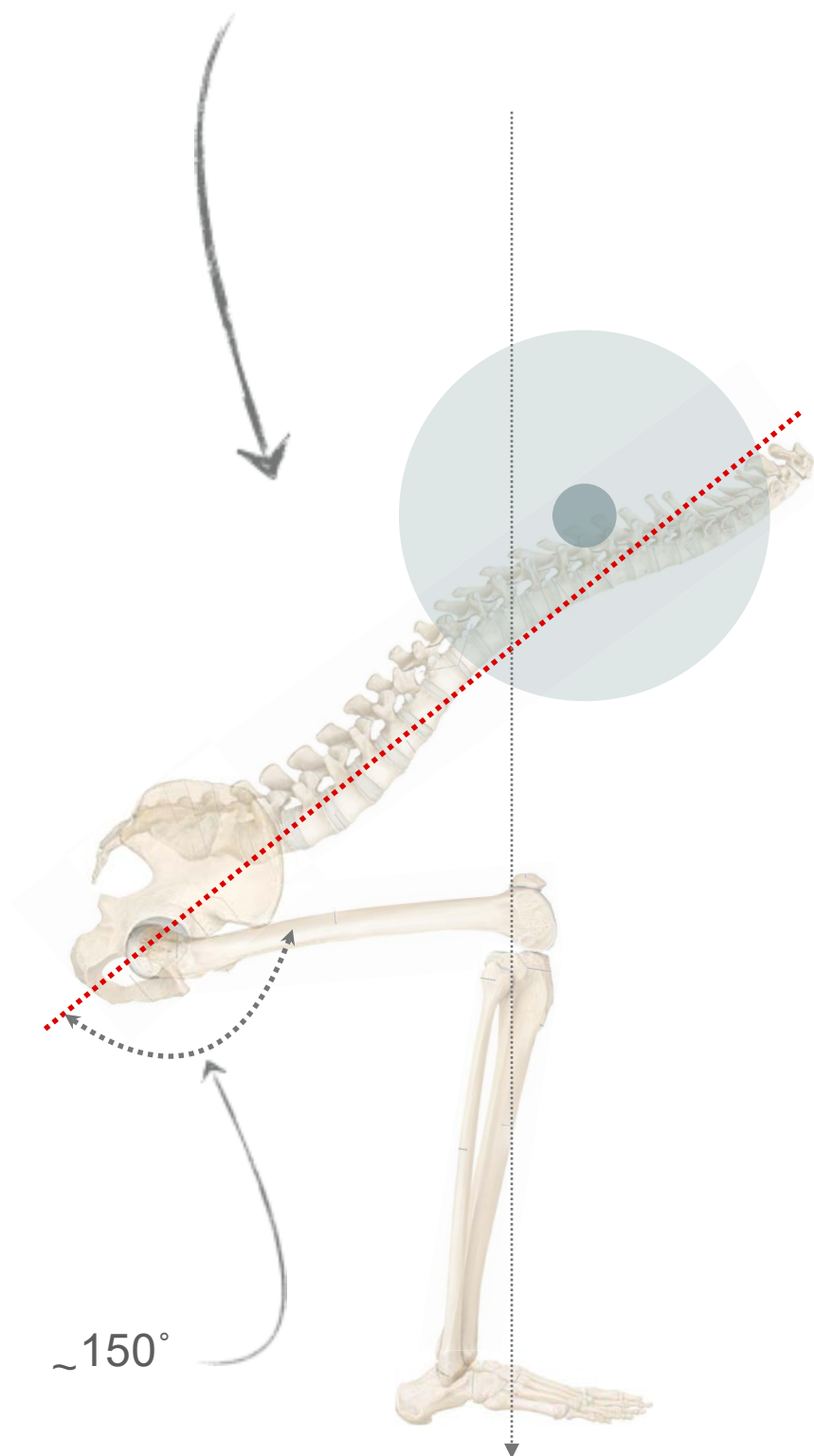


Barbell Deadlift (conventional)

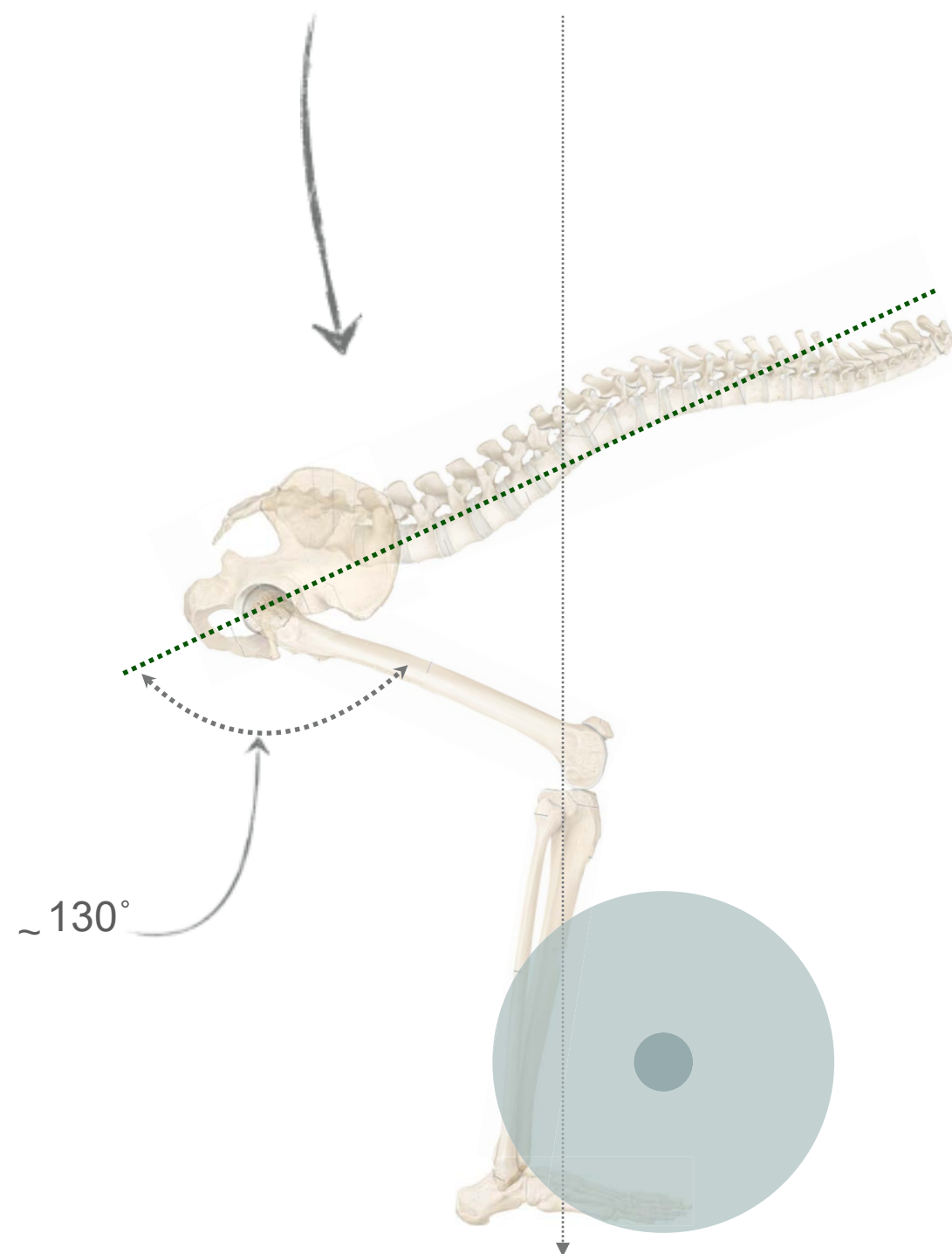


SQUAT VARIATIONS, TORSO ORIENTATION & HIP MOBILITY

Low Bar B-Squat



Barbell Deadlift (conventional)



FUNCTIONAL FLEXIBILITY MOBILITY



Hockey Stretch

MOBILITY



Hockey Stretch

MOBILITY



Hockey Stretch

FUNCTIONAL MOBILITY



Pigeon Stretch

FUNCTIONAL MOBILITY



Pigeon Stretch with Band Distraction

IMPROVE FLEXIBILITY MOBILITY



Spider Man Stretch

FUNCTIONAL MOBILITY



Spider Man Stretch

FUNCTIONAL MOBILITY



Spider Man Stretch

WILE #4

GET OUT OF THE
SAGITTAL PLANE

#GETOUTOFTHE SAGITTAL PLANE

RULE #4 GET OUT OF THE SAGITTAL PLANE

For optimal function in both life and sports, we need mobility and control in all three planes. We must, therefore, train in all three planes.

Most strength training movements, however, are predominantly sagittal plane. This results in hyperactivity of the posterior chain (#ECSS)

