Spine Mobility Program

1. Thoracic Open Books ... 15 reps
2. Lumbar Open Books ... 15 reps
3. Side-to-Side Knee Rocking ... 15 reps
4. NG Active Knee Extensions ... 15 reps
5. NG Active Knee Ext Isom + Ankle Pumps ... 15 reps
6. Thread the Needles ... 15 reps
7. Cat / Cows ... 15 reps
8. ½ Kneel Lunge Rotations ... 15 reps

1. Thoracic Open Books – with Foam Roller under crossed knee
2. Lumbar Open Books – without Foam Roller under crossed knee

“inhale with arms together, exhale as you open up”
3. Side-to-Side Knee Rocking

4. NG Active Knee Extensions

5. NG Active Knee Ext Isom + Ankle Pumps

6. Thread The Needles
7. Cat / Cows

8. ½ Kneel Lunge Rotations