

## **MOBILITY PREP**

## **LEVEL 2 CHEAT SHEET**

Pre or Post Workout! 3-5 reps w/10s hold each



**Overhead Squat 1** 



**Overhead Squat 2** 



**Overhead Squat 3** 



**Overhead Squat 4** 



World's Greatest Stretch 3



World's Greatest Stretch 1



Pretzel Stretch



World's Greatest Stretch 2

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