

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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