

Mobility & Core

This block of exercises are perfect to perform before heading out on Bike or Run to increase mobility and awaken the body for activity

TRX Leg Lifts – Hamstring Mobility



Strap length adjustment: Mid calf

1. Suspend one leg at a time in the foot cradles of both straps.
2. Lift your opposite leg upwards to parallel position until the point of a light hamstring stretch.
3. Lower leg with control whilst bracing the abdominals
4. Increase stretch slightly in second set.

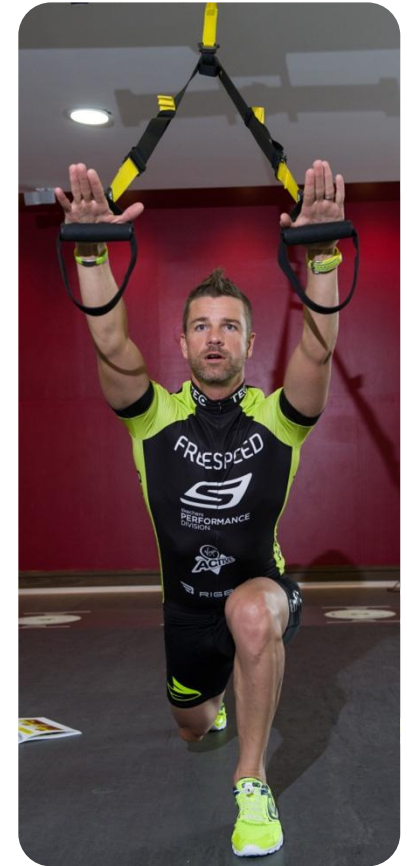
TRX Air Squats – Core Activation & Strength



Strap length adjustment: mid calf

1. Arms at 45 degrees, knees over hips.
2. Press hands down into foot cradles.
3. Brace core and lower and raise legs in Squat pattern.
4. Alternate legs to fatigue.

TRX ½ Kneeling Hip Flexor Stretch



Strap length adjustment: Mid

1. Face away from anchor point
2. In a ½ kneeling position, place arms level with chest and press down on handles.
3. Brace core and shift hips forward and backward while pressing on handles.