

One Four Four One (1441) Training Systems

Static Mobility Complex

Hold each position for :20-:30 seconds. Concentrate on 1) relaxed breathing and 2) working through each position with the goal of becoming more flexible. ½ way through each (:10-:15 seconds) try to go a little farther into each stretch (uncomfortable but tolerable).



1) Straight Leg Calf R&L



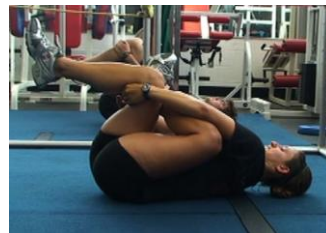
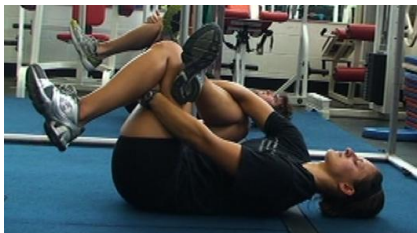
2) Bent Knee Soleus & Achilles R&L



3) Vertical Column Side Stretch R – R hand w/ thumb down reaching over top / Standing on R leg - Cross L leg over top and use L hand to push hip away – Slowly rotate hip backwards – Slowly rotate hips forward



4) Vertical Column Side Stretch L (3Positions)



5) Glute Stretch R&L -Flat on your back w/ R over L - Sink back of the neck & tailbone to the floor.

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6) **Paraspinal Stretch** – Both feet out in front – Gently roll the spine forward – Keep the feet and ankles together and pull the toes back towards the head.



7) **Hamstring & IT-Band Stretch R** – Cross your R over your L – Turn your knee caps in on one another making the knee caps “kiss” – gently reach forwards through the “V” that you’ve created w/ your feet.

8) **Hamstring & IT-Band Stretch L** – Cross your L over your R – Turn your knee caps in on one another making the knee caps “kiss” – gently reach forwards through the “V” that you’ve created w/ your feet.



Hamstring, Adductor & Back Stretch Complex – Legs wide and reach w/ both hands to the...

9) Middle 10) Right 11) Left



Butterfly Complex 12) **Adductors** - Soles of the feet together – Pull torso down and symmetrically work knees towards the floor to stretch the adductors. 13) **Ankle Stretch** – Pull toes up as you sit tall.

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Lat/Hamstring Combos (14-19)



14) **Left Lat Stretch** – R knee bent – w/ thumb pointing down, L hand grabs the outside of the R heel – Slowly start extending the leg forward until you get a stretch down the left side of the torso.



15) **Spinal Rotation Left** – Straighten R leg – Cross L over - Keep the torso tall and slowly rotate L.



16) **Left Glute Stretch** – w/ a tall torso “hug” the knee – Pull your right leg up underneath you if you can.



17) **Right Lat Stretch** 18) **Spinal Rotation Right** 19) **Right Glute Stretch**

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Z-Stretch Complex (20-25)



20) **Right Quad Stretch** – R heel to butt – Twist to the L – Gently drop down to your L elbow.



21) **Right Hip Stretch #1** – R knee set at 90o – Cross L foot over the R knee to hold it down – Sit back on both hands and gently twist the right butt cheek towards the floor.



22) **Hip Stretch #2 (L)** – Front (L) knee set at 90o – Shoot R leg straight back as far as possible - lay down across your calf – Reach R hand out as far away as possible - Place L hand behind your back.



23) **Left Quad Stretch** 24) **Hip Stretch #1 (L)** 25) **Hip Stretch #2 (R)**