

1Forty-Four1 University

I. SPINAL STABILITY	II. SHOULDER GIRDLE (ShG)	III. PELVIC GIRDLE (PlvG)	IV. MOVEMENT PREP
A Spinal Iso-Stability Test (Neutral spine) [Hand/Foot: R&R-R&L-L&R-L&L-dR-dL] 1 Dead Bugs [:10 IsoMDwn] 2 Dead Bugs Mv [:05 Dwn, :05 Up] 3 Perpetual Motion [sArm w/ Alt Feet] [a] Wtd b) Tb-Hurdle c) w/ Contact]	A Self Myofascial Release (SMR) 1 ITB R&L 2 Quads 3 Glutes R&L 4 Paraspinals 5 Lats R&L	A Heaven & Earth Lunge (Knee Hug to BwLunge) 1 In-Place (IP) 2 Moving (Mv) 3 Walking (W) [a] BW b) Tb]	A Acceleration (xlr8) Warm Up 1 Butt Kicks Fw&Bw 2 High Knees Fw&Bw 3 Butt Kicks Lat R&L 4 High Knees Lat R&L [a] Standard b) IP Go-Fast]
B Pillars & Planks 1 Front [a] Static b) Walking c) Jacks] X) Knees-to-Chest Cplx Y) Hip Rotation Cplx Z) Wide Cplx 2 Lateral R&L [a] Stacked b) Cpt. Morgans] X) Knees-to-Chest Cplx Y) Hip Rotation Cplx Z) Wide Cplx "Starfish" 3 Back Cplx [a] Flat b) Elbows c) Supine Quadruped X) Knees-to-Chest Cplx Y) Hip Rotation Cplx Z) Wide Cplx	B ShG Warm-Up Complexes 1 Reach-Roll & Lift R&L 2 Row-Extrot & Press 3 Retract-Abd-Extrot & Row 4 Jimmy Buffetts "Fins to the R&L" 5 ScapDepression [a] V b) Dip Pos] C Jobs Exercises 1 Scaption [a] Full Cans b) Empty Cans] 2 Extrot [a] 0o b) 90o] 3 Pro & Retraction [a] Hugs b) Shypers] [a] Tb b) dDb] D Crawl Cplx [a] Bear b) Crab 1 Fw 2 Bw 3 Lat R&L 4 w/ Spin R&L [a] BW b) sWt Push c) sWt Pull]	B Bb Primal Warm Up a) Bb Ab Roller b) Bb Push Up c) Bb Bloomers d) Bb Sqt Pos BO Row e) Bb Jerk C Hurdle Mobility Cplx 1 Singles Fw&Bw 2 Doubles Fw&Bw @LdR&L 3 Lateral Over &Under LdR&L D Drunk Step Lunges (cLat Mid-Line Crossed Step) 1 In-Place (IP) 2 Moving (Mv) 3 Walking (W) [a] BW b) Bb c) sDb d) IsoOvhd e) Pr]	B Ankling [a] Fw&Bw b) Lat R&L] 1 Ankle Walk 2 Ankle Skips 4 Ankle Bounds 5 sL Clock Hops [a] Fw&Bw b) Lat R&L] C Lateral Speed & Agility (LSA) 1 Low & Slow 2 Resisted R&L 3 Assisted R&L 4 Fw Spin R&L 5 Bw Spin R&L D Piston Warm Up 1 Leg Swings [a] Fw&Bw b) Lat R&L] 2 Power Step Ups 3 High Knee Skips to Wall Drill 4 Resisted Skips to Resisted Run
C IT-Band Twisting Slow Kick R&L[Alt] 1 Hands Glued 2 Low Kick & Low Reach 3 Butt Drop High Kick [a] Push-Up Pos b) Quad Pos]	E Inch Worms [a] Hands b) Feet c) TX 2-Step] 1 Fw 2 Bw 4 to Tumbling Warm Up [a] IP b)Mv c) Walking]	E Leg Cradle to Tw Lag-Leg Lunge (Piriformis Stretch to FwLunge) 1 In-Place (IP) 2 Moving (Mv) 3 Walking (W) [a] BW b) Tb]	E Quick Feet 1 [a] dL b) sL] 2 Run Ld R&L 3 Lateral Outside R&L 4 Lateral CrossOver (Xo) R&L 5 Scissors [3s] 6 Swivel [3s]
D Push Up to Skydivers Complex (Supinated) [a] BW b) Wtd c) Tb] 1 Straight Out w/ Thumbs Up 2 Bird "T-Pos" 3 Cobra (Hands Tucked to Sides) [Feet: a) Hip Width b) Wide c) Scissors]	F Spiderman R&L 1 Standard 2 w/ dHrot 3 w/ dVrot 4 St Lag-Leg to Hamstring Stretch [a] IP b)Mv c) Walking d) to Therapy Wall Sqt]	F dDb Primal Warm Up a) Straight Leg Sit Up b) Push Up to Reach R&L c) SL Starfish R&L d) Burpie Lunge Pos R&L e) Push Press to Ovhd Sqt Catch R&L	F Spiral Primal [a] Bottom R&L b) Ovhd R&L] 1 Squat [a] Parallel b) StgR c) StgL] 2 Lunge [a] Ld b) Lag] 3 Lateral Lunge [a] Ld b) Lag] [a] Up2Up & Dwn2Dwn b) Snatch Catch]
E Geometry [a] Continuous b) CoD] to Primal 1 Triangle 2 Square 3 Fig. 8's 4 5-pt Star [a] Mb b) sWt c) SpCd Lat Loaded R&L]	G Lunge Pos w/ Hrot 1 Towards R&L [a] Ld b) Lag c) AltR&L] 2 Away R&L [a] Ld b) Lag] [a] IP b)Mv c) Walking d) to Therapy Wall Sqt]	G See-Saw Cplx to Burpie R&L Hug-the-World to See-Saw w/ Wrap around Touch [a] Standard b) Swimmer's Streamline HTw] 1 In-Place (IP) 2 Moving (Mv) 3 Walking (W) [a] BW b) dDb]	G Soldier March Complex [a] Walk b) SpdCd rstd] 1 Walk 2 Skip 3 Bw Run 4 Paw Strides
F Pelvic Tilt Complex to Ninja Roll-Up Opt [a] Sqt b) w/ Sqt Opt c) Lunge d) w/ Lunge Opt] 1 Isolated 2 Pole Vaulter's Crunches 3 Pole Vaulter's Crunches w/ dTw	H Get-Up Opt 1 Turkish R&L 2 Filipino Fw [Lunge Pos] R&L 3 Filipino Lat [Sqt Pos] R&L	H Mb Warm Up - Orbits R&L to... a) Mb Orbits around Head R&L b) Globe Trotters [Sqt Opt] c) Orbits around Hips R&L d) Globe Trotters [Lunge Opt] e) Orbits around Knees R&L	G sL Speed Skaters R&L [a] Supine b) Sqt Opt] 1 Linear [a] F2B b) Lat] 2 1/2 Circles [a] Fw b) Bw] [a] BW b) dDb c) sDb d) SpCd Lat Loaded R&L]
G Dynamic 90's (90o Hip Flexion-High Step Up Position) 1 SL w/ Snow Angels a) Big Wing b) Small Wing R 2 SL sDb Manually Asstd R&L 3 Standing R&L a) BW b) Tb [a] BW b) sDb c) Tb d) MA]	I Cross Jacks Rot Burpie Complex R&L 1 High Hands Crossed w/ Not-Crossed Feet 2 High Hands Not-Crossed w/ Crossed Feet 3 Hands at ShG Ht Crossed w/ Not-Crossed Feet 4 Hands at ShG Ht Not-Crossed w/ Crossed Feet		

Dynamic Mobility Complexes