

# MOBILITY 1.0

## Hyatt Training exercise guide



### 1. Sumo squat

Take a wide stance with your feet spread wider than shoulder width apart. Toes should be facing out and open, then sit in a deep squat with your elbows on your knees and your chest up.



### 2. Forward bend

With the same wide stance, flex at your hips into a forward bend and have your hands reach down the middle between your legs to graze or palm the ground if possible.



### 3. Left toe touch / Right toe touch

Walk hands to left side and hold with hands resting outside your left leg. Walk hands back across your body to the right side and hold with your hands resting outside your right leg.



### 4. Single arm reach

Walk hands back to center and return to a forward bend with flexion in your hips. With one arm planted, reach the other arm high to create a vertical line from one hand to the other. Repeat with other arm.



### 5. Sumo squat

Then sit back into a deep sumo squat, keeping your toes and knees open, chest up and butt down. Hold with elbows on knees. Shift ankles to increase ankle mobility.