

# MOBILITY 2.0

## Hyatt Training exercise guide



### 1. Half kneel

Put one knee on the ground with other leg up in flexed position. Keep spine tall.



### 2. Hip stretch

Bring both hands inside lead foot, let hips sink towards floor creating stretch in hamstring and hip of the lead leg.



### 3. Side bend

Bring inside arm towards the ceiling, creating vertical line from low hand to high hand and strong twist on the spine.



### 4. Hamstring stretch

Return to half kneel, then shift hips backs and straighten front leg. Pull toes toward you creating length in the hamstring of the front leg. It's OK to hinge forward slightly at the hips to create more stretch.



### 5. Pigeon pose

Cross the lead foot under the body and move to either hands or elbows using the bent leg as a lever to stretch the hips and glutes.

Repeat sequence on other side, starting with half kneel.

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