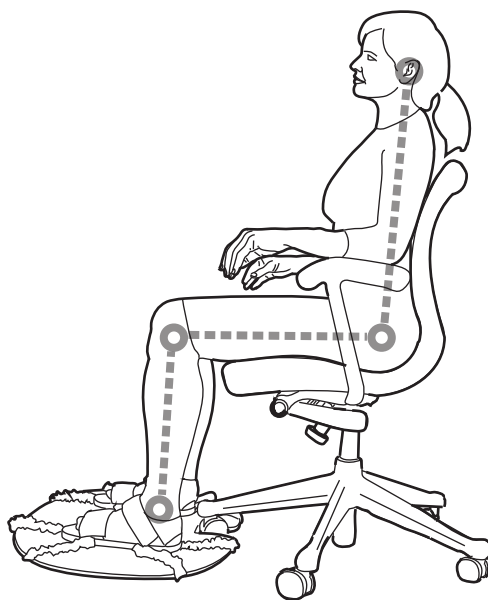
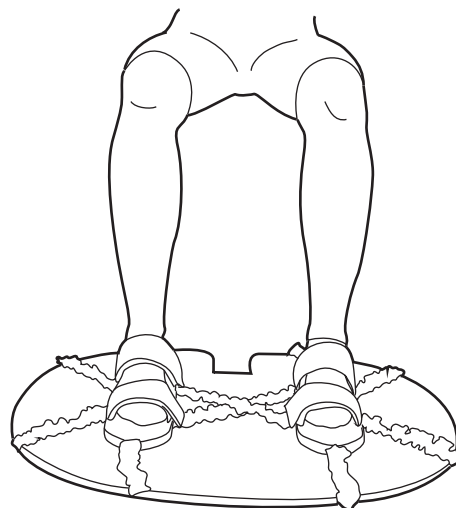
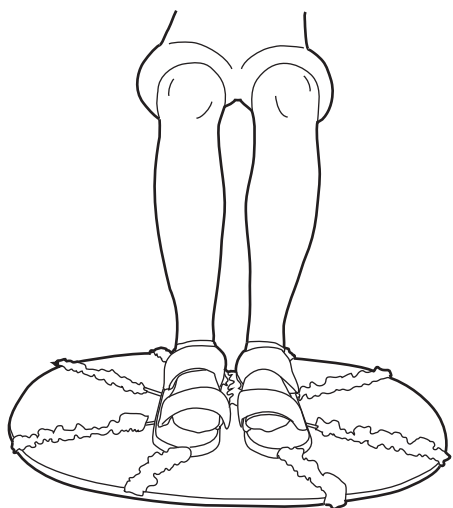
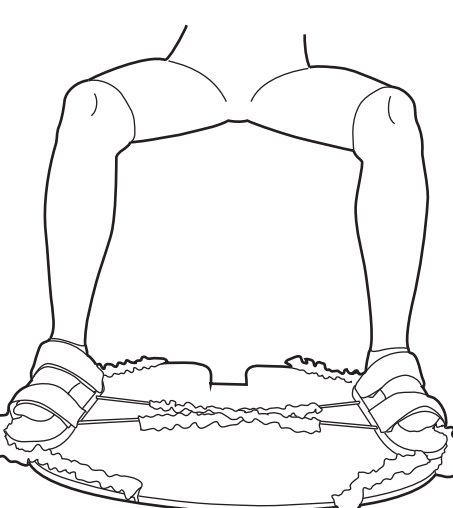


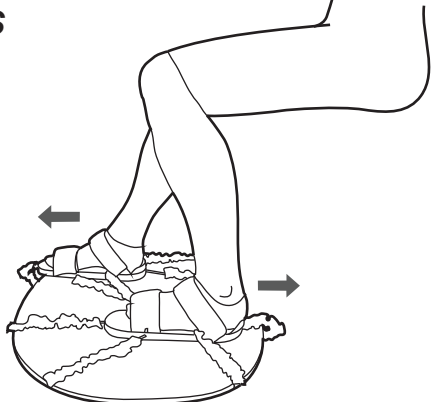
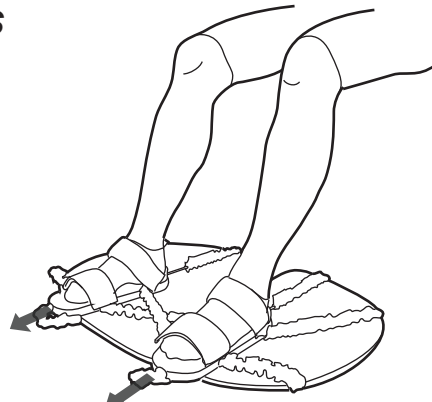
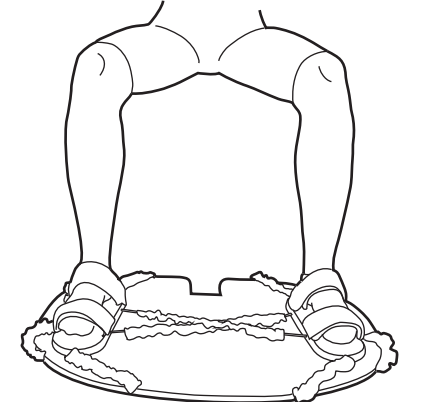
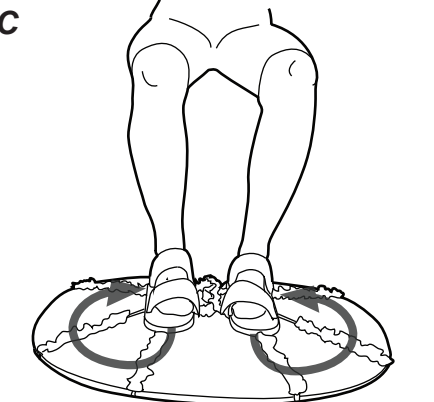
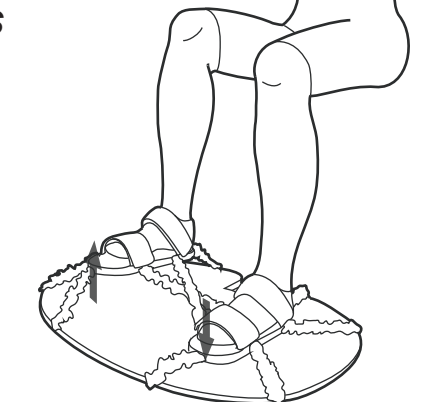
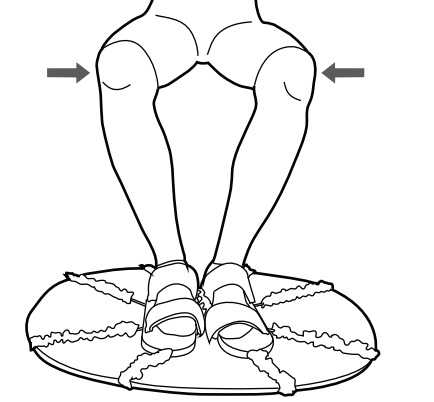
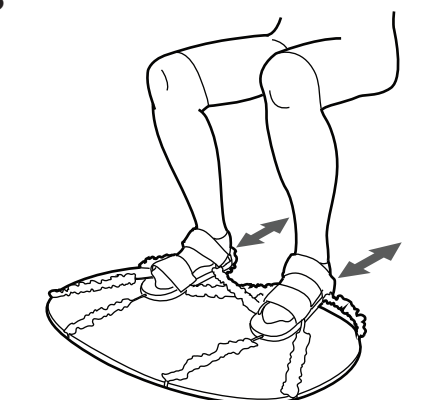
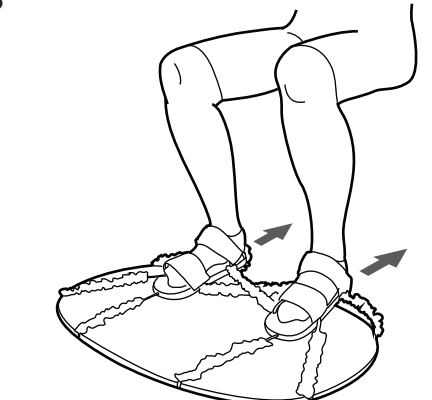

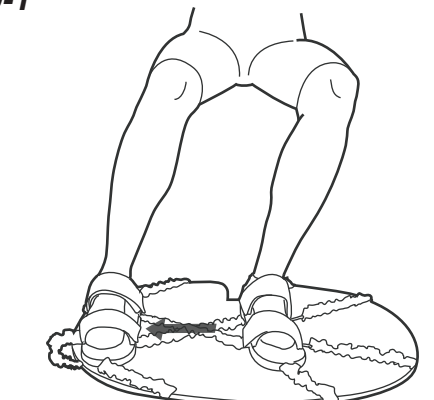
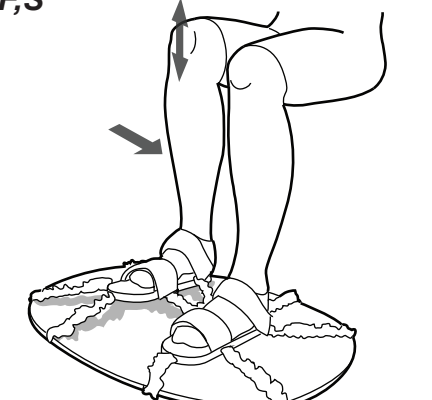
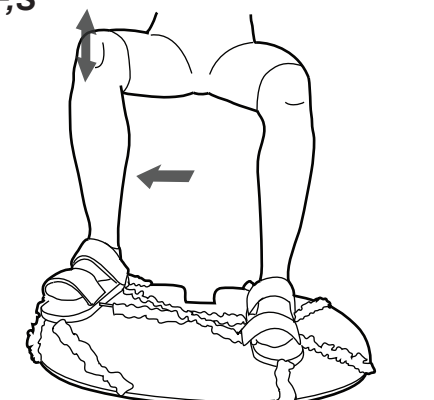
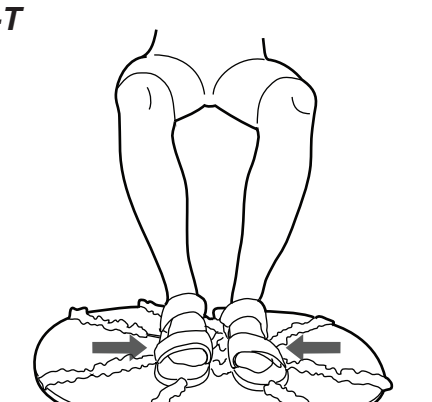
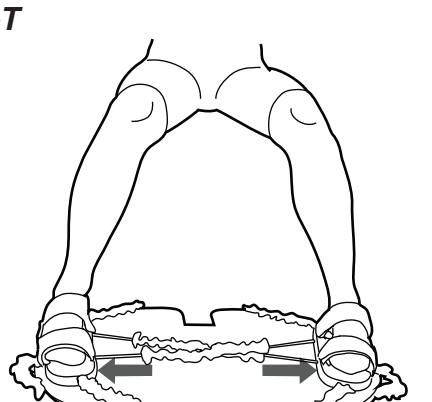
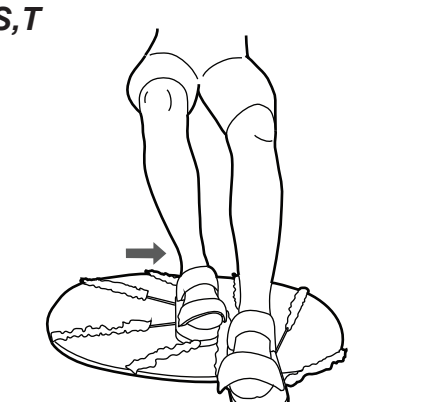
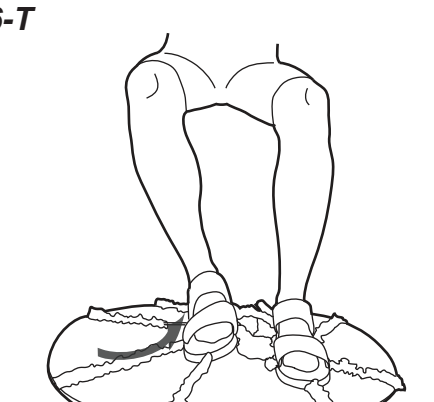
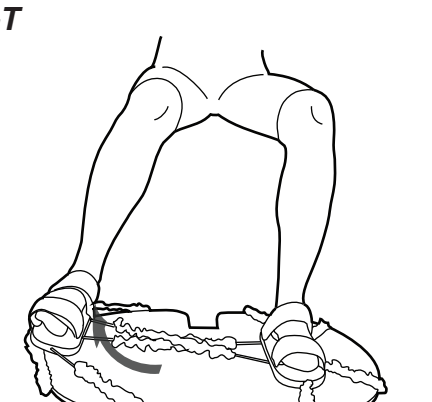
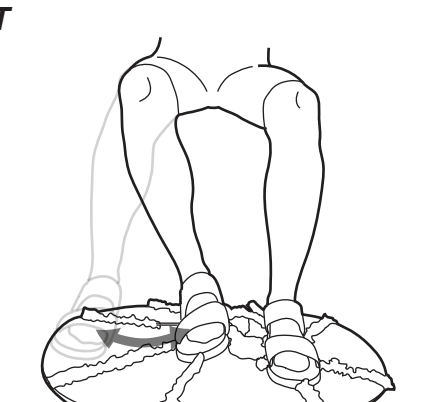
EXERCISE GUIDE

MOBILITY TRAINER

Multi-planar resistance training designed to build lower body flexibility and strength for better balance and mobility.

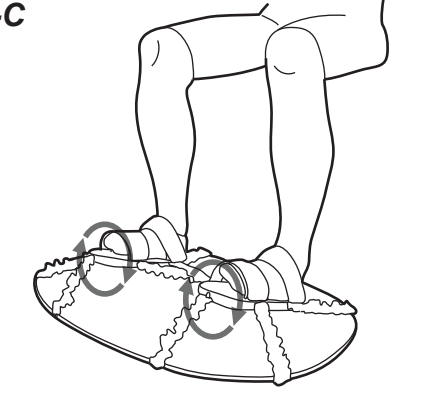
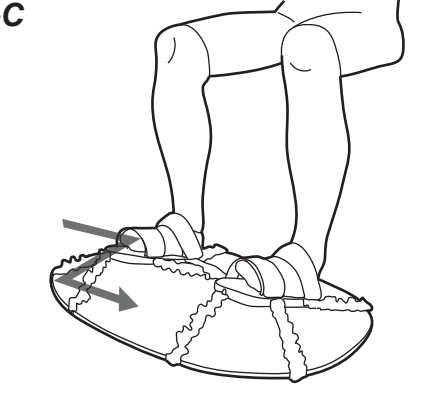
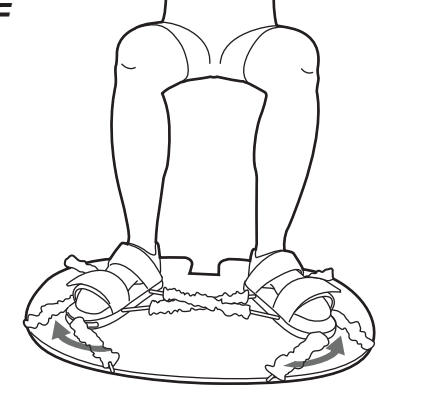
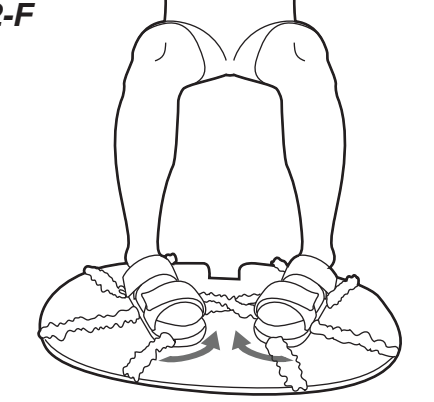
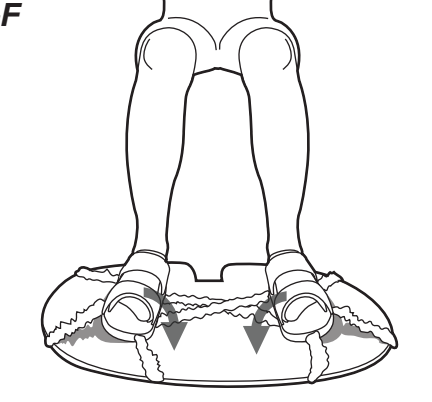
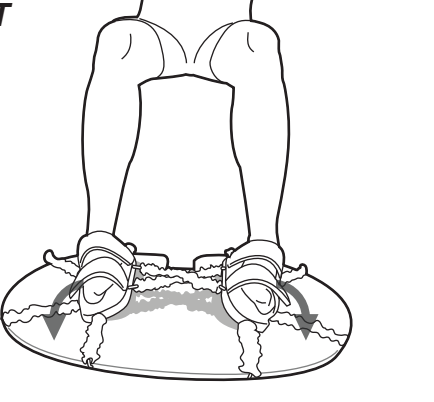
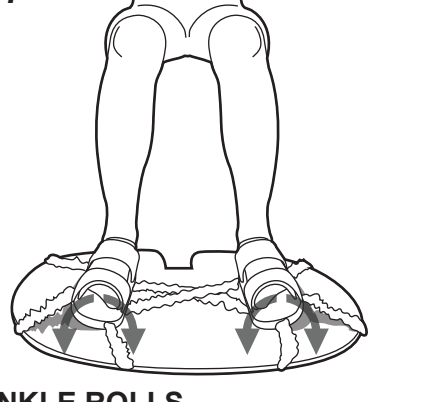
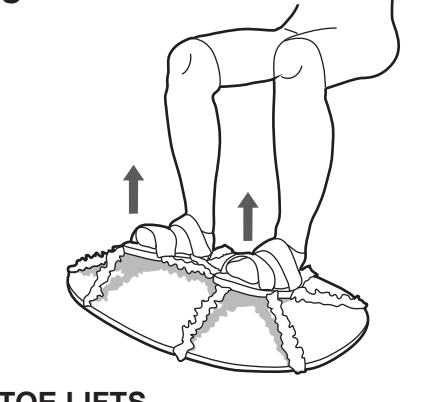
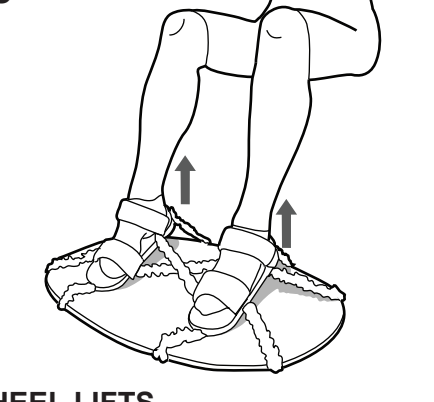

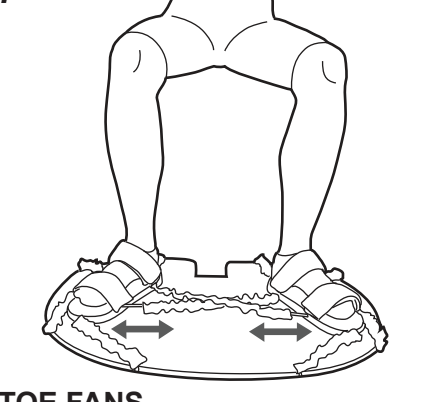
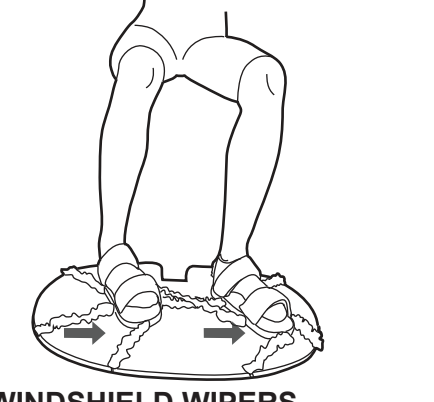
Mobility Training		STARTING POSITIONS			General Tips											
<p>Designed to gently build flexibility and strength to optimize balance and movement.</p> <p>Start in a slow and controlled manner.</p> <p>Move with an upright posture and within a pain-free range of motion.</p> <p>Boost benefits by performing exercises from each plane of motion</p> <table><tr><th>Choose</th><th>Motion</th></tr><tr><td>(S) Sagittal</td><td>Extension/Flexion (Front/Back)</td></tr><tr><td>(F) Frontal</td><td>Adduction/Abduction (Side-to-Side)</td></tr><tr><td>(T) Transverse</td><td>Rotation (Right/Left)</td></tr><tr><td>(C) Combo of SFT</td><td>Circumduction (Circular)</td></tr></table>		Choose	Motion	(S) Sagittal	Extension/Flexion (Front/Back)	(F) Frontal	Adduction/Abduction (Side-to-Side)	(T) Transverse	Rotation (Right/Left)	(C) Combo of SFT	Circumduction (Circular)	<p>Sit Tall with Good Posture</p>  <p>Press buttocks as far back into the seat as possible with your back upright and a neutral spine. Shoulders are back, ears in line with shoulders and hips. Thighs are parallel to the floor or hips are slightly higher than knees. Ankles are under knees or slightly forward. If your chair is too deep to allow for a pain-free posture, place a pillow or lumbar roll behind your lower back.</p>	<p>Level 1 Neutral</p>  <p>START & REST POSITION Knees and feet are hip distance apart.</p> <p>Muscles Activated: <i>All relaxed</i></p>	<p>Level 2 Adduction</p>  <p>INTERMEDIATE CHALLENGE Bring knees and feet together</p> <p>Muscles Activated: <i>Inner Thighs; Hip Adductors; Gluteus Maximus (lower fibers)</i></p>	<p>Level 3 Abduction</p>  <p>ADVANCED CHALLENGE Bring knees and feet apart</p> <p>Muscles Activated: <i>Outer Thigh; Hip Abductors; Gluteus Maximus (upper fibers); Gluteus Medius; Gluteus Minimus</i></p>	<p>Exercise: 1-3 sets of 8-15 repetitions</p> <p>Activity: 1-10+ minute intervals</p> <p>Rest: Between sets and intervals</p> <p>Vary Movement</p> <ul style="list-style-type: none">• Pace: <i>Slow to Fast</i>• Range of Motion: <i>Small to Large</i>• Dynamic: <i>Movement about a joint</i>• Static: <i>Hold position in place</i>• Combine: <i>Dynamic moves with static Start Positions (Level 2 and 3)</i>• Explore Joint Angles: <i>Such as Slide Walking while moving between adduction and abduction; March or do Toe Lifts with toes pointing inward or outward. ☺</i> <p>Breathe comfortably throughout exercise.</p> <p>Stretch muscles to enhance flexibility.</p>
Choose	Motion															
(S) Sagittal	Extension/Flexion (Front/Back)															
(F) Frontal	Adduction/Abduction (Side-to-Side)															
(T) Transverse	Rotation (Right/Left)															
(C) Combo of SFT	Circumduction (Circular)															

HIPS & KNEES

<p>1-S</p>  <p>SLIDE WALK Slide one foot forward, pull one back, alternate.</p>	<p>2-S</p>  <p>DOUBLE KICKS Slide feet forward and back.</p>	<p>3-F</p>  <p>STRADDLE AND SQUEEZE Slide feet and knees out to the sides, squeeze back to center.</p>	<p>4-C</p>  <p>MERRY-GO-ROUND Circle feet upward and outward. Repeat circling in opposite direction.</p>	<p>5-S</p>  <p>MARCH Lift and lower one knee, alternate.</p>	<p>6-F</p>  <p>THE CLAM Slide ankles and knees together, open and close knees.</p>
<p>7-S</p>  <p>HAMSTRING HUG Pull feet behind knees, pulse heels slightly forward and back.</p>	<p>8-S</p>  <p>HAMSTRING HOLD Pull feet behind knees, heels naturally lift, hold.</p>	<p>9-S</p>  <p>MARCH Lift and lower knee, alternate.</p>	<p>10-T</p>  <p>CHAIR SKATING Slide lower leg outward, push off, alternate.</p>	<p>11-F,S</p>  <p>INTERNAL HIP LIFT Slide one leg to center, lift and lower inward leg.</p>	<p>12-F,S</p>  <p>EXTERNAL HIP LIFT Slide one leg outward, lift and lower knee, pressing opposite foot down.</p>
<p>13-T</p>  <p>SWEEP IN Slide feet inward, knees rotate slightly outward.</p>	<p>14-T</p>  <p>SWEEP OUT Slide feet outward, knees rotate slightly inward.</p>	<p>15-S,T</p>  <p>MIDLINE CROSS Extend one foot forward, slide opposite knee and foot inward.</p>	<p>16-T</p>  <p>KICK IN Rotate lower leg inward, knee rotates slightly outward</p>	<p>17-T</p>  <p>KICK OUT Slide lower leg and ankle outward, knee rotates slightly inward.</p>	<p>18-T</p>  <p>KICK IN & OUT Slide lower leg inward and outward as knee rotates in and out slightly.</p>

ANKLES & FEET

Focus on moving ankles while keeping knees aligned with hips

<p>19-C</p>  <p>ANKLE O's Lift toes, make clockwise circles. Repeat with counter-clockwise circles.</p>	<p>20-C</p>  <p>ALPHABET WRITING Lift toes, write the alphabet.</p>	<p>21-F</p>  <p>ANKLE EVERSION Rotate toes outward, lift soles outward, return to center.</p>	<p>22-F</p>  <p>ANKLE INVERSION Rotate toes inward, lift soles inward, return to center.</p>	<p>23-F</p>  <p>PRONATION ROLL Roll ankles and edge of feet inward.</p>	<p>24-T</p>  <p>SUPINATION ROLL Roll ankles and edge of feet outward.</p>
<p>25-T</p>  <p>ANKLE ROLLS Roll ankles inward and outward.</p>	<p>26-S</p>  <p>TOE LIFTS Lift and lower toes.</p>	<p>27-S</p>  <p>HEEL LIFTS Lift and lower heels.</p>	<p>28-S</p>  <p>TOE & HEEL TAPS Lift toe of one foot, heel of the other, alternate.</p>	<p>29-F</p>  <p>TOE FANS Rotate toes outward and inward.</p>	<p>30-F</p>  <p>WINDSHIELD WIPERS Rotate toes left and right.</p>

