

368 TRAINING SYSTEMS: CHAIN MOBILITY 1 – sequence

INSTRUCTIONS:

1. Hold each position for 5-10 seconds.
2. Remember to cover all chains of the body. (back, front, sides, diagonal front, diagonal back)
3. We recommend doing these barefoot on a safe surface.
4. Maintain good control at all times and transition smoothly between positions.
5. Do NOT hold your breath but breath normally.
5. Pain is NOT part of the exercise. Avoid forceful or jerking movements
6. If the movement is too challenging, make it easier
7. Print the movement sequence and take it with you to your next training session.

