

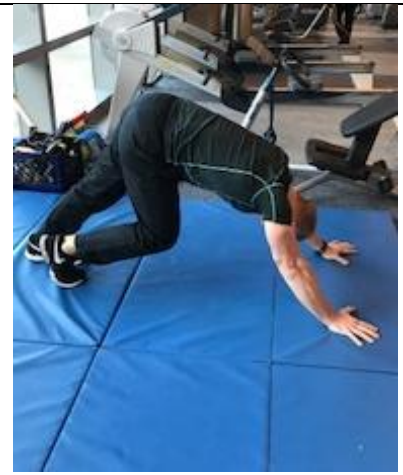
### Floor Mobility Warm-up 3



Toes



Rock hips back



Pedal heels



Rock hips back



Cobra



Rock forward and back

