



Mobility Rx - Remote

Name	Age	Height	Weight	Ratio	Throw/Bat	Laxity	Date
John Doe	22	74	195	2.6	R/R	MOR	4/15/2022

Strength Results (1 RM)

Bench Press 1RM (lbs)	Squat 1RM (lbs)	Trap Bar Deadlift 1RM (lbs)	Lateral Jump (in)
85	250	400	70

Breathing (reset)	Reps	Video Link
1 All 4 Breathing	5 Complete Exhales	https://vimeo.com/341885784

Foam Rolling / Circuits

1	Foam Roll (upper and lower)	(:30 / ea body part)	https://vimeo.com/608475347
2	Wrist-Forearm Circuit	-	https://vimeo.com/342054426
3	Wall Ankle Mobility	(5x / ea way)	https://vimeo.com/120297904

Mobility

1	1/2 Kneeling Step Outs w-Rotation	(5x / side)	https://vimeo.com/340069600
2	1-Leg Glute Bridge	(5x – 5 sec holds)	https://vimeo.com/340067031
3	Neck Mobility Circuit	(for reps follow video)	https://vimeo.com/699182559
4	No Money	(15x)	https://vimeo.com/333778987
5	Quadruped T-spine Mob.	(8x / side)	https://vimeo.com/340072558
6	Side-Lying Cross Body Stretch	(2 x / 30 sec)	https://vimeo.com/118858847
7	Sumo Stretch	(30sec)	https://vimeo.com/335976921
8	Wall Quad Stretch	(30 sec / side)	https://vimeo.com/335979430

Movement Prep

1	Quad Stretch to OH Lunge	20 yards	https://vimeo.com/341893050
2	Quadruped Walkout	20 yards	https://vimeo.com/311890457
3	45 Degree Bounding	20 yards	https://vimeo.com/333767376
4	1/2 Kneeling Side Starts	20 yards	https://vimeo.com/333775420
5	Lateral Backpedal to 10 Yard Sprint	10 yards	https://vimeo.com/333777144