

**STEPHEN GREEN FITNESS CONSULTANCY**

**THE** **RAINER**

**DYNAMIC MOBILITY  
(STICK ROUTINES)**

**RESOURCE PACK**

## Dynamic mobility routines

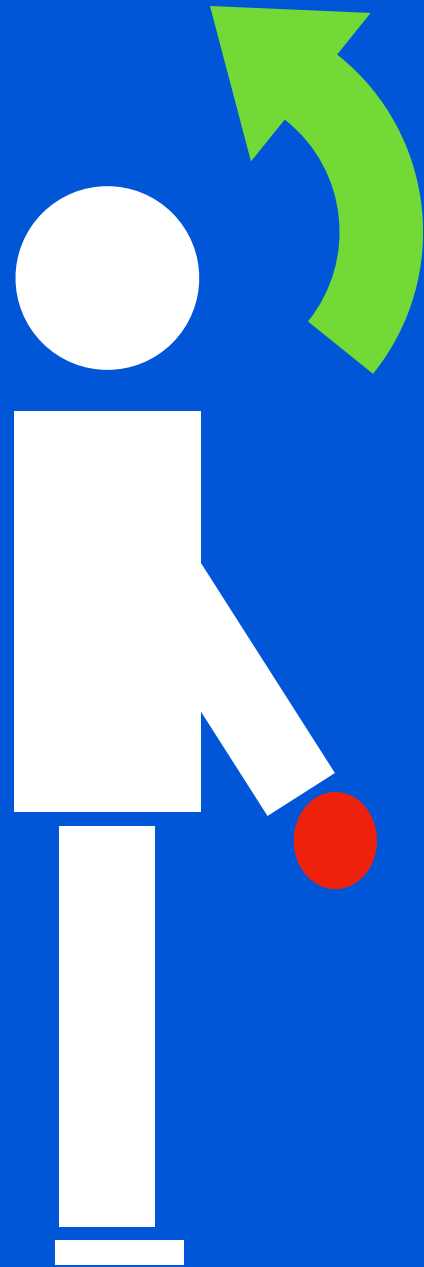
# STICKS

- Work with poles or sticks to develop movement patterns and technical aspects of sport has been used successfully in field events such as javelin and some forms of martial arts.
- Its rhythmic patterns improve kinetic chain linkage and develop a natural flow through the entire body.
- Any straight stick can be used, such as a broom handle.
- Pay particular attention to maintaining the correct postural position
- Carry out each routine with between 10 to 20 reps and as part of your warm up.



# Waist to overhead

Up



Down



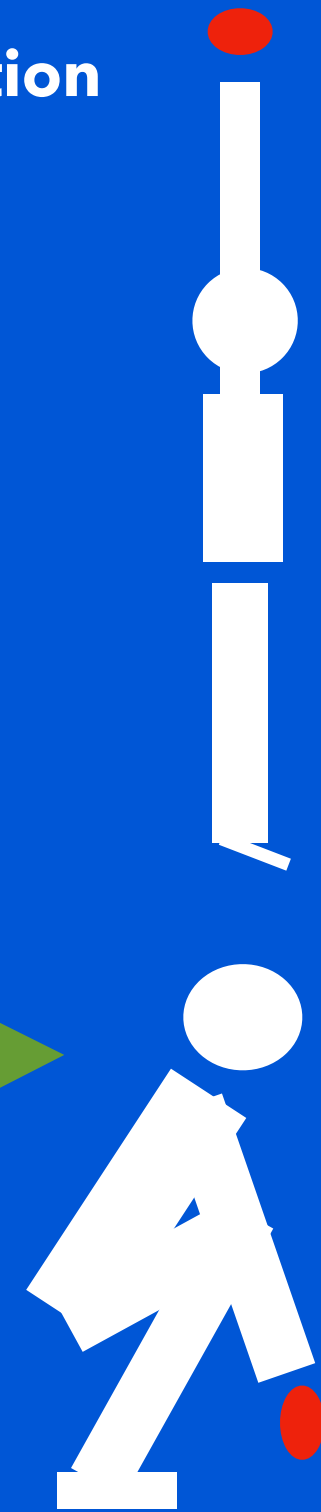
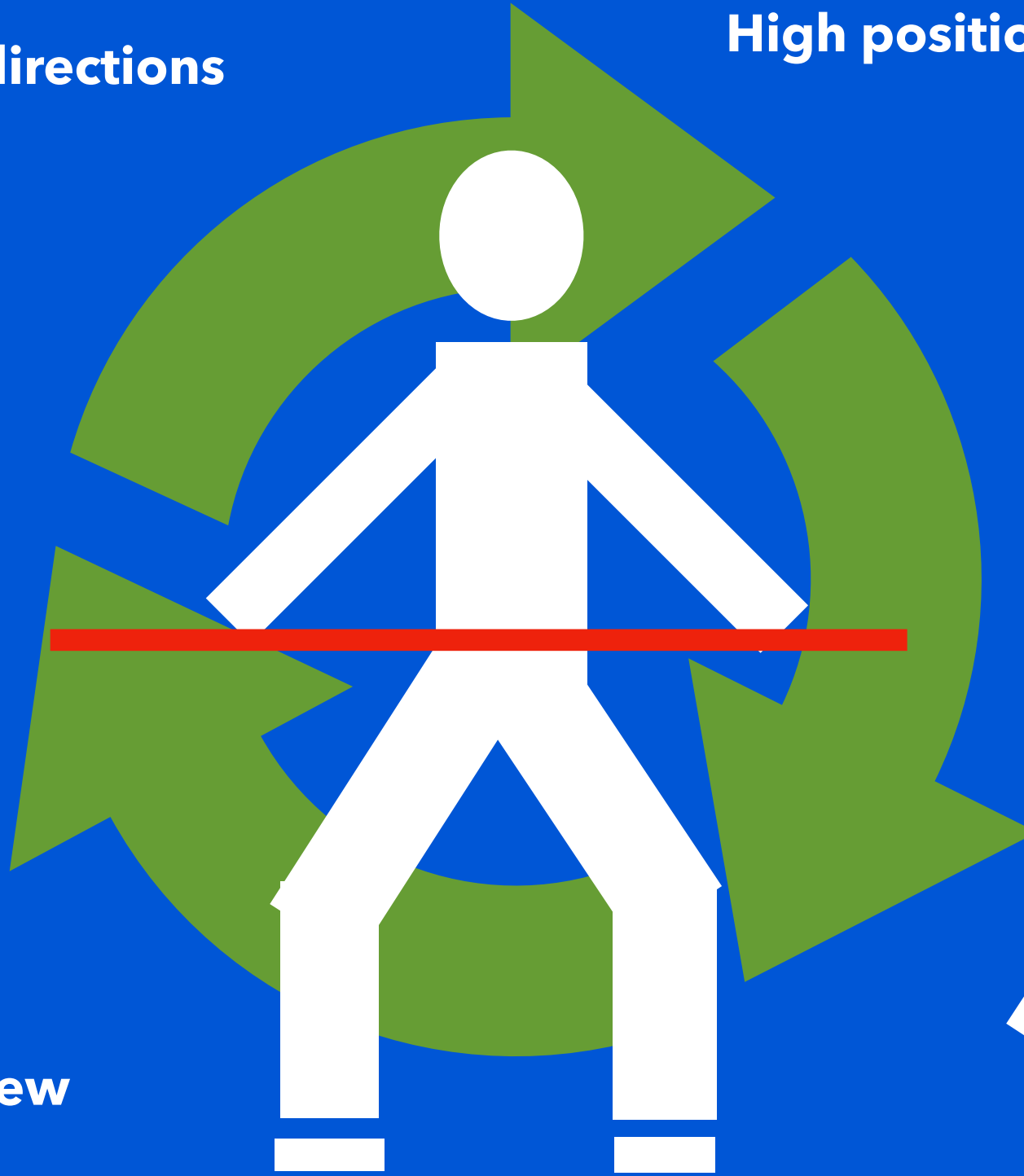
S  
H  
O  
U  
L  
D  
E  
R

**Circle in both directions**

**High position**



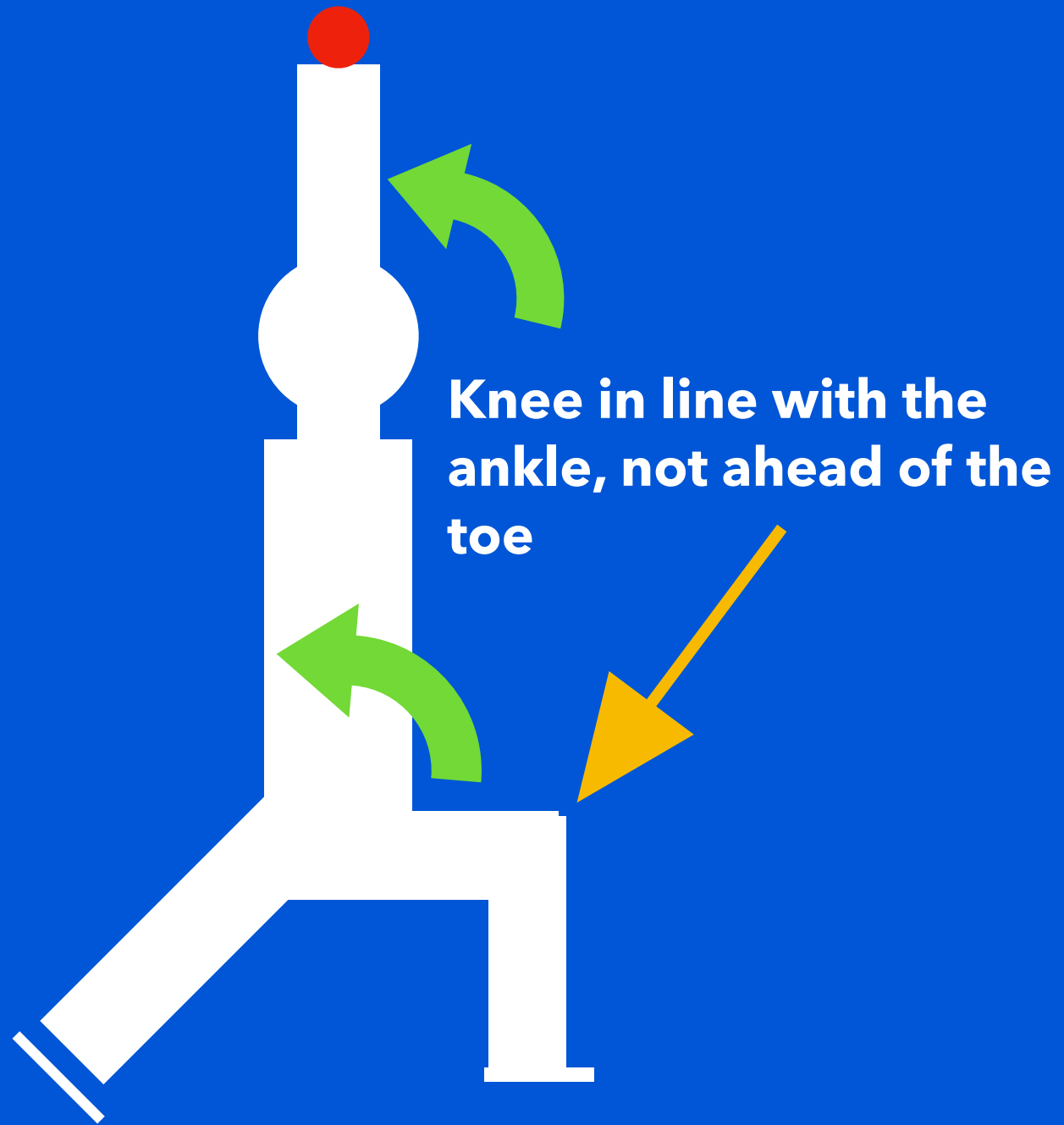
**Side view**



**Low position**

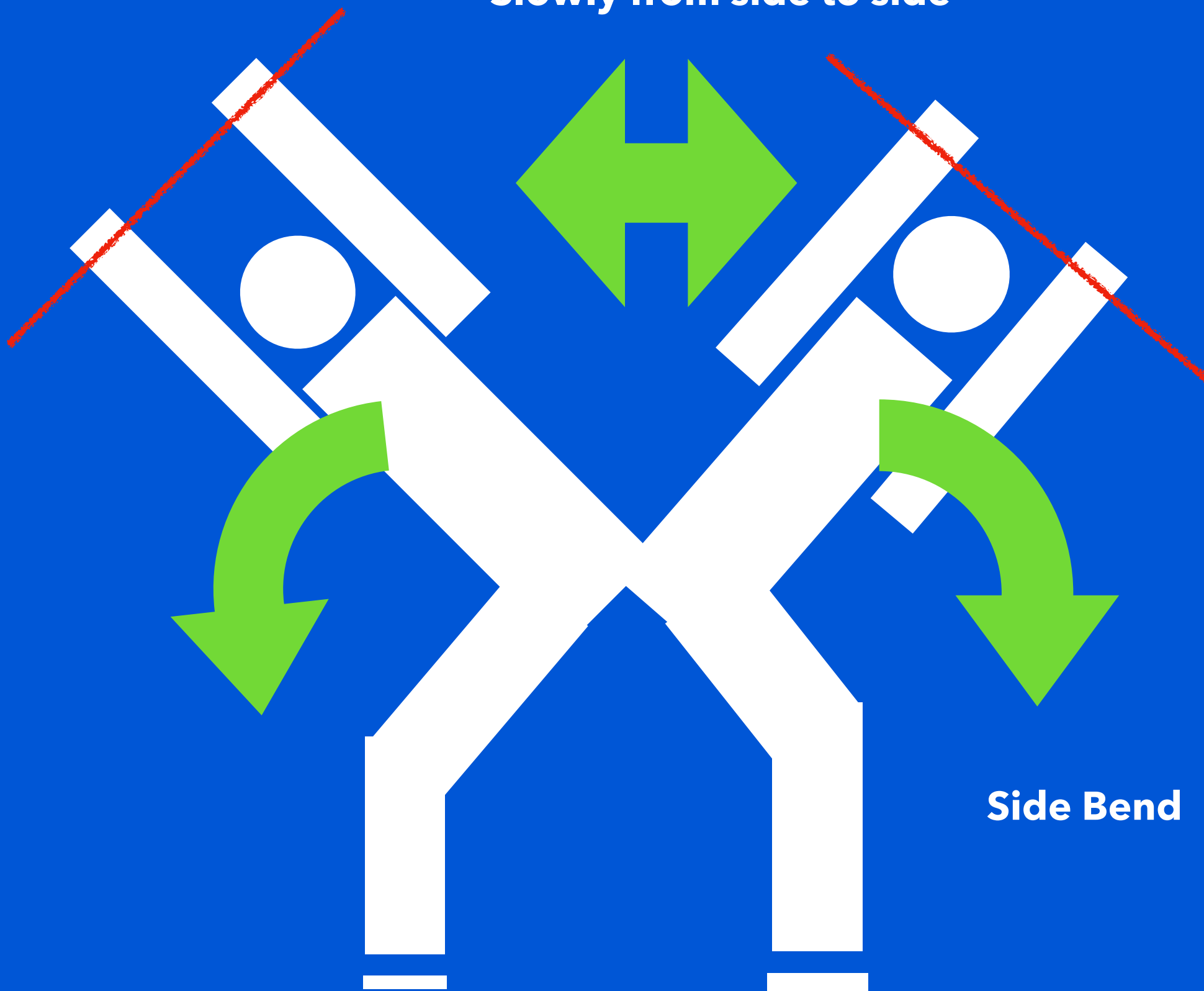
**T  
O  
T  
A  
L  
B  
O  
D  
Y**

# Lunge



T  
O  
T  
A  
L  
B  
O  
D  
Y

Slowly from side to side



Side Bend

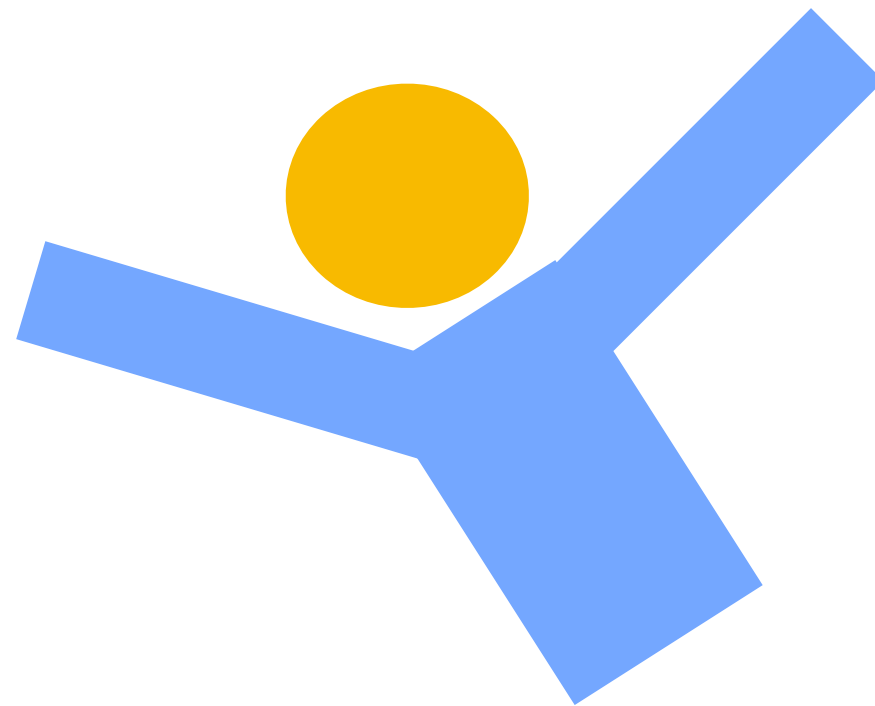
T  
R  
U  
N  
K

# Figure eight exercise.

Imagine you are paddling a kayak. Use your whole body to create the paddling action.



K  
I  
N  
E  
T  
I  
C  
C  
H  
A  
I  
N



**TRAINER**

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