

# SOCCER MOBILITY

2-3 ROUNDS

#28



## 1. SWINGING TABLE TOP

 **BEG: 30 SEC**  
**INT: 60 SEC**  
**ADV: 60 SEC**

#29



## 2. EXTENDED SWINGING TABLE TOP

 **BEG: 15 SEC**  
**INT: 30 SEC**  
**ADV: 60 SEC**

## 3. LYING SHORT KICKS



 **BEG: 10 REP**  
**INT: 15 REP**  
**ADV: 20 REP**

REST FOR 10 SECONDS

#12



## 4. ARM REACH RAISES

 **BEG: 10 REP**  
**INT: 15 REP**  
**ADV: 20 REP**

#47



## 5. LYING HIP RAISES

 **BEG: 10 REP**  
**INT: 15 REP**  
**ADV: 20 REP**

REST FOR 1 MINUTE

 **WATCH THE VIDEO**

**BEFORE YOU START:** CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE BEGINNING ANY FITNESS REGIME.

**WANT MORE TRAINING?**

**VISIT [TRUSTMYCOACH.COM](https://www.trustmycoach.com)**