

FCPD DAILY DOZEN

MOBILITY ROUTINE

1 HANGING

[CLICK FOR VIDEO:](#)

Perform for 30-60 seconds.

2 Foot Rollout

[CLICK FOR VIDEO:](#)

Perform for 60 seconds each side.

3 Seated Figure 4 Stretch

[CLICK FOR VIDEO:](#)

Perform for 30-60 seconds each side.

4 Elevated Pigeon Stretch

[CLICK FOR VIDEO:](#)

Perform for 30-60 seconds each side.

5 Couch Stretch

[CLICK FOR VIDEO:](#)

Perform for 30-60 seconds each side.

6 Worlds Greatest Stretch

[CLICK FOR VIDEO:](#)

Perform for 5-10 reps each side.



CONTACT US

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BRANDON HOLDER

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@wellfitstrength

FPCPD DAILY DOZEN

MOBILITY ROUTINE

7 Cossack Squat

[CLICK FOR VIDEO:](#)

Perform for 5-10 reps each side.

8 Handcuffs

[CLICK FOR VIDEO:](#)

Perform for 5-10 reps.

9 Static Lat Stretch

[CLICK FOR VIDEO:](#)

Perform for 30 seconds each side.

10 Static Chest Stretch

[CLICK FOR VIDEO:](#)

Perform for 30 seconds each side.

11 Bent Knee Iron Cross

[CLICK FOR VIDEO:](#)

Perform for 5-10 reps each side.

12 Squat Hammies

[CLICK FOR VIDEO:](#)

Perform for 5-10 reps.



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