

15-MINUTE MOBILITY ROUTINE FOR RUNNERS

Note: Every mobility drill name can be clicked to view a video demonstration.

Drill #1: Sidelying Thoracic Spine Rotation

Drill #2: Iron Cross

Drill #3: 1/2 Sit with Rotation

Drill #4: Inchworm

Drill #5: Triplanar Lunge

Note: Complete as many sets and repetitions of the mobility drills as needed to fit your needs. If one area feels more tight/restricted than others, spend extra time addressing it.

[Click here](#) to watch the entire 15-minute mobility routine.