



Figure 1: hip crossover a, b.  
Objective: To build mobility and strength in torso by dissociating hips and shoulders.



Figure 2: scorpion on stomach a, b.  
Objective: To lengthen and strengthen the core muscles, stretch the chest, quadriceps, hips, abs and activate the gluteus

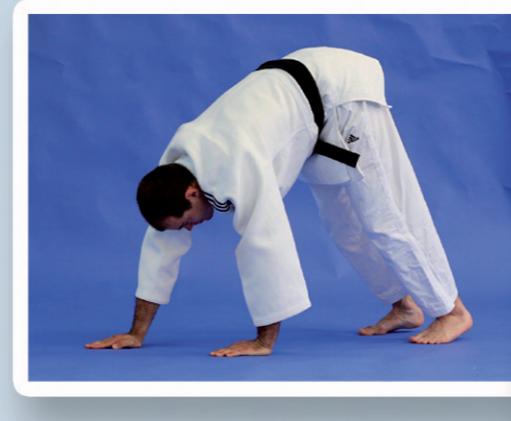


Figure 3: hand walk a, b.  
Objective: To build stability in the shoulders and core, to lengthen the hamstrings, calves and lower-back muscles.



Figure 4: one leg stand with forward bend.  
Objective: To improve hamstring flexibility and balance, along with dynamic pillar stabilization.



Figure 5: lateral lunges.  
Objective: open up the muscles of the groin and hips, also to hold pillar strength by sitting back and down.



Figure 6: forward lunge – forearm to instep a, b, c.  
Objective: To improve hips flexibility, hamstrings, lower back, torso, groin, hip flexors and quadriceps.



Figure 7: backward lunge with a twist a, b.  
Objective: To lengthen the hip flexors, quadriceps, core and whole body from the big toes to the hands.



Figure 9: sumo squat a, b.  
Objective: To improve flexibility in your hamstrings, groin, ankles and lower back.



Figure 8: sideways drop lunge a, b.  
Objective: To improve flexibility in the hips, gluteus and iliotibial bands.

# PRE AND POSTWORKOUT EXERCISES FOR COMBAT SPORTS



Figure 10: a, b, c, d.  
Objective: To stretch the whole back chain of legs (adductors, hamstrings and gluteus), lower back and oblique.



Figure 11: a, b, c.  
Objective: To stretch leg extensors and hip flexors, iliopsoas. To stretch calves, hamstrings, gluteus and back extensor and to stretch abdominal and oblique internus / externus



Figure 12: a, b, c, d, e.  
Objective: To stretch abdominal and side trunk, to stretch chest and anterior shoulder.



Figure 13:  
Objective To stretch hip and tight adductors.



Figure 14:  
Objective: To stretch hip and leg adductors, hip extensors.



Figure 15: a, b, c, d.  
Objective: To stretch upper trapezius and neck muscles



Figure 16: a, b, c.  
Objective: To stretch the whole back body chain (calves, hamstrings, gluteus, back extensors).

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