

## 2.1 – KNEELING ROCKBACKS



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve bilateral hip flexion mobility and teach someone the necessary mobility and stability patterns to squat effectively.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Set-up in an all-fours position with the hands underneath the shoulders, and knees underneath the hips.</li> <li>▪ Your chest should be up, and you should have a slight arch in the lower back.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Slowly push the hips backwards towards the heels.</li> <li>▪ Push back to a point just before you lose your arch, and then return to the starting position.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Focus on keeping your chest up and back flat throughout. No rounding!</li> </ul>