

# Hurdle Mobility

## The New Balance Running Academy

What are the benefits? Increases rotational balance and agility, develops hip fluidity, promotes coordination, and strengthens core and lower body.

### Hurdle Mobility Circuit

*Perform twice, making sure to repeat any directional drill to the opposite side.*

**Setup:** Line up six to 10 hurdles back-to-back, and high enough so that walking over them is a challenge but not a struggle.

- Walk over hurdles; lead leg, then trail leg
- Walk backwards over all hurdles
- Walk forward over two hurdles, then step backward over one. Repeat pattern
- Step over first hurdle; step under next. Repeat pattern
- Step forward over first hurdle; slowly pivot right 180 degrees and step over next. Repeat pattern
- Face left so hurdles are to your right; walk laterally over hurdles
- Turn left 90 degrees; step laterally over first hurdle; pivot 180 degrees and step over next. Repeat pattern

### Dynamic Mobility Routine

#### **Hurdle Mobility Exercises:**

\* (2 sets / 5 Hurdles / switch leg's when lead leg repeats)

1. Walk Over
2. Over Under
3. Alternate Walk Over
4. Side Skip with Straight leg
5. Plus Two Minus One
6. Forward Skip
7. Side Skip with bent knee

### Form Drill Routine

#### **Form Exercises:**

\* 2 Sets 20-50 meters / fast with proper coordination

1. Paw Drill
2. Walking Sprint Drill
3. High Knees
4. Butt Kicks
5. High Knee Skips
6. High Knee Paw Drill
7. Quick Feet





photo c/o [www.youtube.com/user/bucknellprinters09](http://www.youtube.com/user/bucknellprinters09)

**Side Skips with bent knee**



photo by peter baker studios, LLC

**Over/ Under**



**Walk Overs**

