**LIST OF JOINTS for MOBILITY IN MPR**

* neck\*
* shoulders
* shoulder girdle
* elbows
* spine
* hips
* knees
* ankles

List of muscles to be stretched in the warm up

* Hamstrings
* Quadriceps
* Hip flexors \*
* Gastrocnemius (+ soleus)
* Upper back
* Chest
* Triceps
* Inner thigh
* Lats \*
* Obliques \*