

**This mobility program is not your average stretching routine, it will allow you to gain strength while also opening up new ranges of motion.**

When completing these exercises, we do not want to treat them as stretches. The intent behind what you are doing is important. They should be performed with a very similar intent as any heavy strength exercise.

Try and fight for more:

- ✓ range
- ✓ control your position and squeeze as tightly into the positions as you can

This serves two purposes:

1) to feel a better stretch and use your muscles to pull you into position

2) to teach your nervous system that these new positions, you are getting into, are safe, due to the fact you will have shown your body that you can create tension and are strong enough to control the position

Now let's get to work!

# HOME MOBILITY PROGRAM

NAME:

PROGRAM:

## Warm Up 2x

- 10 Body Weight Squats
- 10 Leg Swings Forward and Back
- 10 Shoulder Circles
- 10 Spiderman Rocks + Rotations

## Session 1 – Upper Body and Spine

Knees on Floor Side Lying Rotation + Breztzel Sets: 3 Reps: 8e + 10sec Hold

Date/Sets

Week 1

Week 2

Week 3

Week 4

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A-2: Cat/Camel

Date/Sets

Week 1

Week 2

Sets: 3

Reps: 8e

Week 3

Week 4

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B-1: Straight Arm Lat-Tri Insertion Stretch

Date/Sets

Week 1

Week 2

Sets: 3

Reps: 30sec

Week 3

Week 4

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B-2: Cobra Stretch

Date/Sets

Week 1

Week 2

Sets: 3

Reps: 30sec

Week 3

Week 4

|

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NAME:

PROGRAM: Home Mobility Program

## Session 1 – Upper Body and Spine

C-1: Table Top Press

Date/Sets

Week 1

Week 2

Sets: 3

Reps: 8 + 10sec Hold

Week 3

Week 4

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C-2: Puppy Stretch

Date/Sets

Week 1

Week 2

Sets: 3

Reps: 30sec

Week 3

Week 4

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D-1: Seated Jefferson Curl

Date/Sets

Week 1

Week 2

Sets: 3

Reps: 8 + Hold

Week 3

Week 4

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D-2: Stick Thoracic Rotation

Date/Sets

Week 1

Week 2

Sets: 3

Reps: 8 + hold

Week 3

Week 4

|

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NAME:

PROGRAM: Home Mobility Program

## Session 2 – Lower Body

A-1: 1-Leg Goodmorning

Sets: 3    Reps: 8 + 10sec Hold

Date/Sets

Week 1

Week 2

Week 3

Week 4



A-2: Standing Calf Stretch

Sets: 3    Reps: 60sec

Date/Sets

Week 1

Week 2

Week 3

Week 4



B-1: Kneeling Cossack Squat

Sets: 3    Reps: 10e

Date/Sets

Week 1

Week 2

Week 3

Week 4



B-2: Pigeon Stretch

Sets: 3    Reps: 10e

Date/Sets

Week 1

Week 2

Week 3

Week 4



# HOME MOBILITY PROGRAM

NAME:

PROGRAM: Home Mobility Program

## Session 2 – Lower Body

C-1: Kneeling Leg Extension

Sets: 3    Reps: 10 + 10sec Hold

Date/Sets

Week 1

Week 2

Week 3

Week 4

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C-2: Elevated Pancake Goodmorning

Sets: 3    Reps: 10 + 10sec Hold

Date/Sets

Week 1

Week 2

Week 3

Week 4

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D-1: Kneeling Diagonal Stretch

Sets: 3    Reps: 10 + 10sec

Date/Sets

Week 1

Week 2

Week 3

Week 4

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D-2: Heels Elevated Squat

Sets: 3    Reps: 10 + 10sec Hold

Date/Sets

Week 1

Week 2

Week 3

Week 4

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