

Mobility & Flexibility

Program Overview

Suggested mobility and flexibility exercises to be performed after your workout or on rest days. Aim to hold the stretch as outlined in the instructional video.

Upper Mobility

Workout

A Thread the needle Sets: 2 Reps: 10-12

B Shoulder Row into ER into flexion Sets: 2 Reps: 10-12

C Spinal rotations Sets: 2 Reps: 10-12

D Supine deep neck flexors Sets: 2 Reps: 10-12

E Thoracic extension over foam roller Sets: 2 Reps: 10-12

F Sharapovas Sets: 2 Reps: 10-12

G Prone scapula retractions Sets: 2 Reps: 10-12

H Prayer stretch Sets: 2 Reps: 10-12

I Open the book Sets: 2 Reps: 10-12

J Forearm stretches Sets: 2 Reps: 10-12

K Cat & cow Sets: 2 Reps: 10-12

L Pec Stretch Sets: 2 Reps: 10-12

M Bicep Stretch Sets: 2 Reps: 10-12

N Tricep Stretch Sets: 2 Reps: 10-12

O Ab Stretch Sets: 2 Reps: 10-12

Lower Mobility

Workout

A Wall supported hip abduction holds Sets: 2 Reps: 10-12

B Side plank hip abduction Sets: 2 Reps: 10-12

C Quadriceps foam rolling Sets: 2 Reps: 10-12

D Quadruped to half kneeling Sets: 2 Reps: 10-12

E Resistance band standing hip flexion Sets: 2 Reps: 10-12

F Rag doll Sets: 2 Reps: 10-12

G Plantar fascia foot stretch Sets: 2 Reps: 10-12

H Glute stretch with spinal twists Sets: 2 Reps: 10-12

I Inner range knee control Sets: 2 Reps: 10-12

J Kneeling resistance band hip hinge Sets: 2 Reps: 10-12

K Calf stretch Sets: 2 Reps: 10-12

L Deep lunge for ankle mobility Sets: 2 Reps: 10-12

M Child's pose and variations Sets: 2 Reps: 10-12

N Bird dogs Sets: 2 Reps: 10-12

O Hamstring Stretch Sets: 2 Reps: 10-12