

WEEKS OF THE CM MOBILITY PROGRAM

PREPARATION					0				
LEVEL 1	1	2	3	4	5	6	7	8	
LEVEL 2	9	10	11	12	13	14	15	16	
LEVEL 3	17	18	19	20	21	22	23	24	
ADVANCED	UNTIL YOU REACH YOUR GOAL								

MOBILITY - PREPARATION WEEK

DAY 1

C DEEP SQUAT WRIST CIRCLES
4 REPS - 2 SETS

F KNEE SIT WRIST CIRCLES
2 REPS - 1 SET

F WRIST FLEXION
4 REPS/2 SEC - 1 SET

F CAT COW
4 REPS/1 SEC - 1 SET

C SITTING HIP ROTATIONS
4 REPS/3 SEC - 1 SET

C DEEP SQUAT REACH
3 REPS/3 SEC - 1 SET

S ARCHER SQUAT
3 REPS/3 SEC - 1 SET

DAY 2

C LUNGE STANCE ROTATIONS
2 REPS - 1 SET

B EASY BRIDGE/PIKE SIT
3 REPS/2 SEC - 1 SET

C JEFFERSON CURL
3 REPS - 2 SETS

PASSIVE HANG
20 SEC - 2 SETS

STICK SHOULDER DISLOC
4 REPS - 2 SETS

STICK SHOULDER EXTENSION
4 REPS/3 SEC - 2 SETS

OSTRICH WALK
8 REPS - 2 SETS

DAY 3

C DEEP SQUAT WRIST CIRCLES
4 REPS - 2 SETS

F KNEE SIT WRIST CIRCLES
2 REPS - 1 SET

F WRIST FLEXION
4 REPS/2 SEC - 1 SET

F CAT COW
4 REPS/1 SEC - 1 SET

C SITTING HIP ROTATIONS
4 REPS/3 SEC - 1 SET

C DEEP SQUAT REACH
3 REPS/3 SEC - 1 SET

S ARCHER SQUAT
3 REPS/3 SEC - 1 SET

DAY 4

C LUNGE STANCE ROTATIONS
2 REPS - 1 SET

B EASY BRIDGE/PIKE SIT
3 REPS/2 SEC - 1 SET

C JEFFERSON CURL
3 REPS - 2 SETS

PASSIVE HANG
20 SEC - 2 SETS

STICK SHOULDER DISLOC
4 REPS - 2 SETS

STICK SHOULDER EXTENSION
4 REPS/3 SEC - 2 SETS

OSTRICH WALK
8 REPS - 2 SETS

DAY 5

C DEEP SQUAT WRIST CIRCLES
4 REPS - 2 SETS

F KNEE SIT WRIST CIRCLES
2 REPS - 1 SET

F WRIST FLEXION
4 REPS/2 SEC - 1 SET

F CAT COW
4 REPS/1 SEC - 1 SET

C SITTING HIP ROTATIONS
4 REPS/3 SEC - 1 SET

C DEEP SQUAT REACH
3 REPS/3 SEC - 1 SET

S ARCHER SQUAT
3 REPS/3 SEC - 1 SET

DAY 6

C LUNGE STANCE ROTATIONS
2 REPS - 1 SET

B EASY BRIDGE/PIKE SIT
3 REPS/2 SEC - 1 SET

C JEFFERSON CURL
3 REPS - 2 SETS

PASSIVE HANG
20 SEC - 2 SETS

STICK SHOULDER DISLOC
4 REPS - 2 SETS

STICK SHOULDER EXTENSION
4 REPS/3 SEC - 2 SETS

OSTRICH WALK
8 REPS - 2 SETS

MOBILITY - LEVEL 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Day 1	Rest	Day 3	Rest	Day 5	Rest	Rest
Week 2	Day 8	Rest	Day 10	Rest	Day 12	Rest	Rest
Week 3	Day 15	Rest	Day 17	Rest	Day 19	Rest	Rest
Week 4	Day 22	Rest	Day 24	Rest	Day 26	Rest	Rest
Week 5	Day 29	Rest	Day 31	Rest	Day 33	Rest	Day 35
Week 6	Rest	Day 37	Rest	Day 39	Rest	Day 41	Rest
Week 7	Day 43	Rest	Day 45	Rest	Day 47	Rest	Day 49
Week 8	Rest	Day 51	Rest	Day 53	Rest	Day 55	Rest

MOBILITY - LEVEL 1

WEEK 1+2

C DEEP SQUAT WRIST CIRCLES
4 REPS - 2 SETS

F KNEE SIT WRIST CIRCLES
2 REPS - 1 SET

F WRIST FLEXION
4 REPS/2 SEC - 1 SET

F CAT COW
4 REPS/1 SEC - 1 SET

C SITTING HIP ROTATIONS
4 REPS/3 SEC - 1 SET

C DEEP SQUAT REACH
3 REPS/3 SEC - 1 SET

S ARCHER SQUAT
3 REPS/3 SEC - 1 SET

C LUNGE STANCE ROTATIONS
2 REPS - 1 SET

B EASY BRIDGE/PIKE SIT
3 REPS/2 SEC - 1 SET

C JEFFERSON CURL
3 REPS - 2 SETS

PASSIVE HANG
20 SEC - 2 SETS

STICK SHOULDER DISLOC
4 REPS - 2 SETS

STICK SHOULDER EXTENSION
4 REPS/3 SEC - 2 SETS

OSTRICH WALK
8 REPS - 2 SETS

WEEK 3-6

C DEEP SQUAT WRIST CIRCLES
4 REPS - 3 SETS

F KNEE SIT WRIST CIRCLES
3 REPS - 1 SET

F WRIST FLEXION
6 REPS/2 SEC - 1 SET

F CAT COW
6 REPS/1 SEC - 1 SET

C SITTING HIP ROTATIONS
6 REPS/3 SEC - 1 SET

C DEEP SQUAT REACH
4 REPS/3 SEC - 1 SET

S ARCHER SQUAT
4 REPS/3 SEC - 1 SET

C LUNGE STANCE ROTATIONS
3 REPS - 1 SET

B EASY BRIDGE/PIKE SIT
4 REPS/2 SEC - 1 SET

C JEFFERSON CURL
4 REPS - 2 SETS

PASSIVE/ACTIVE HANG
4 REPS - 3 SETS

STICK SHOULDER DISLOC
5 REPS - 2 SETS

STICK SHOULDER EXTENSION
6 REPS/3 SEC - 2 SETS

OSTRICH WALK
10 REPS - 2 SETS

WEEK 7+8

C DEEP SQUAT WRIST CIRCLES
6 REPS - 3 SETS

F KNEE SIT WRIST CIRCLES
4 REPS - 1 SET

F WRIST FLEXION
6 REPS/2 SEC - 2 SETS

F CAT COW
5 REPS/2 SEC - 2 SETS

C SITTING HIP ROTATIONS
5 REPS/3 SEC - 2 SETS

C DEEP SQUAT REACH
4 REPS/3 SEC - 2 SETS

S ARCHER SQUAT
4 REPS/3 SEC - 2 SETS

C LUNGE STANCE ROTATIONS
3 REPS - 2 SETS

B EASY BRIDGE/PIKE SIT
4 REPS/3 SEC - 1 SET

C JEFFERSON CURL
4 REPS - 3 SETS

PASSIVE/ACTIVE HANG
6 REPS - 3 SETS

STICK SHOULDER DISLOC
5 REPS - 3 SETS

STICK SHOULDER EXTENSION
5 REPS/5 SEC - 3 SETS

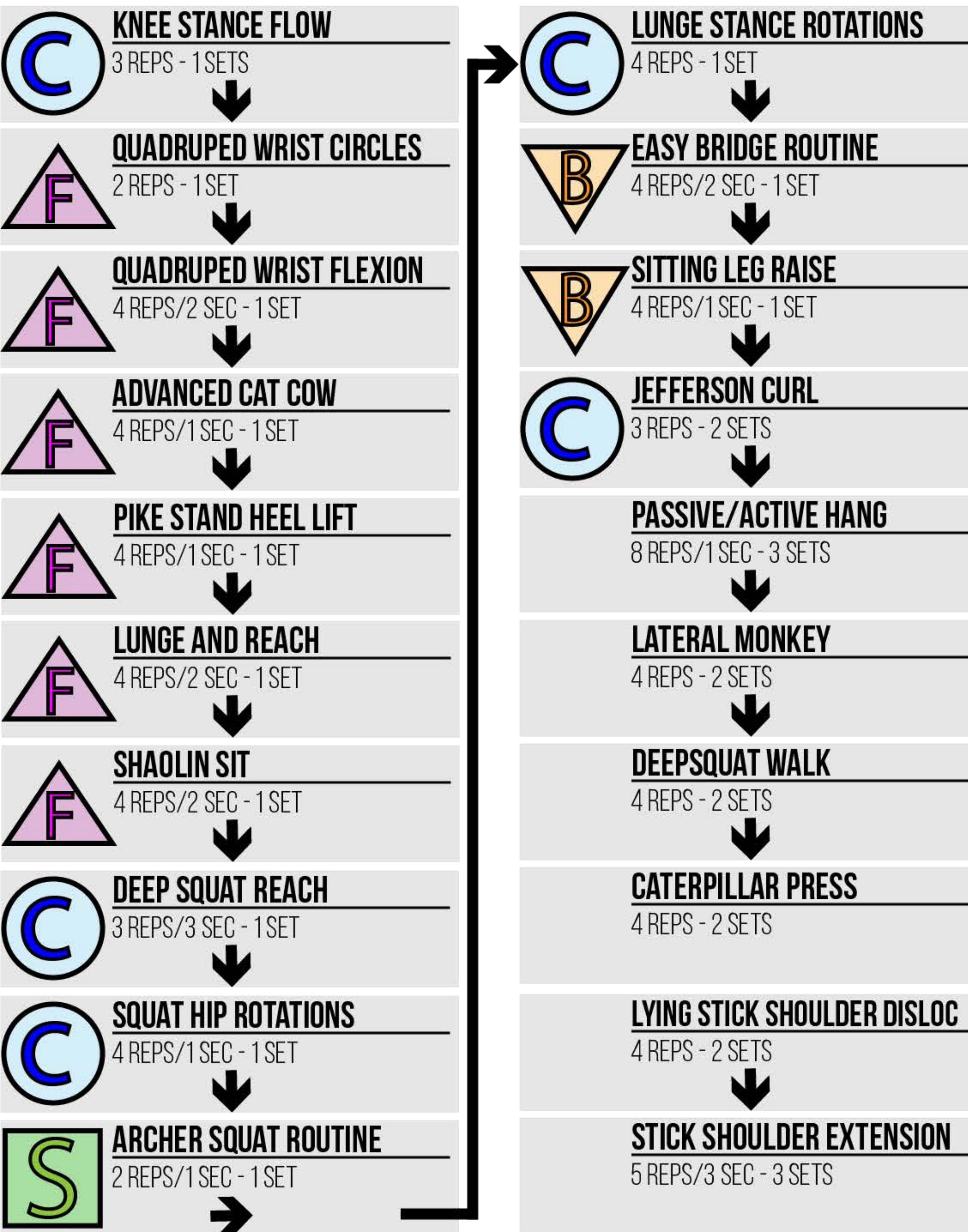
OSTRICH WALK
10 REPS - 3 SETS

MOBILITY - LEVEL 2

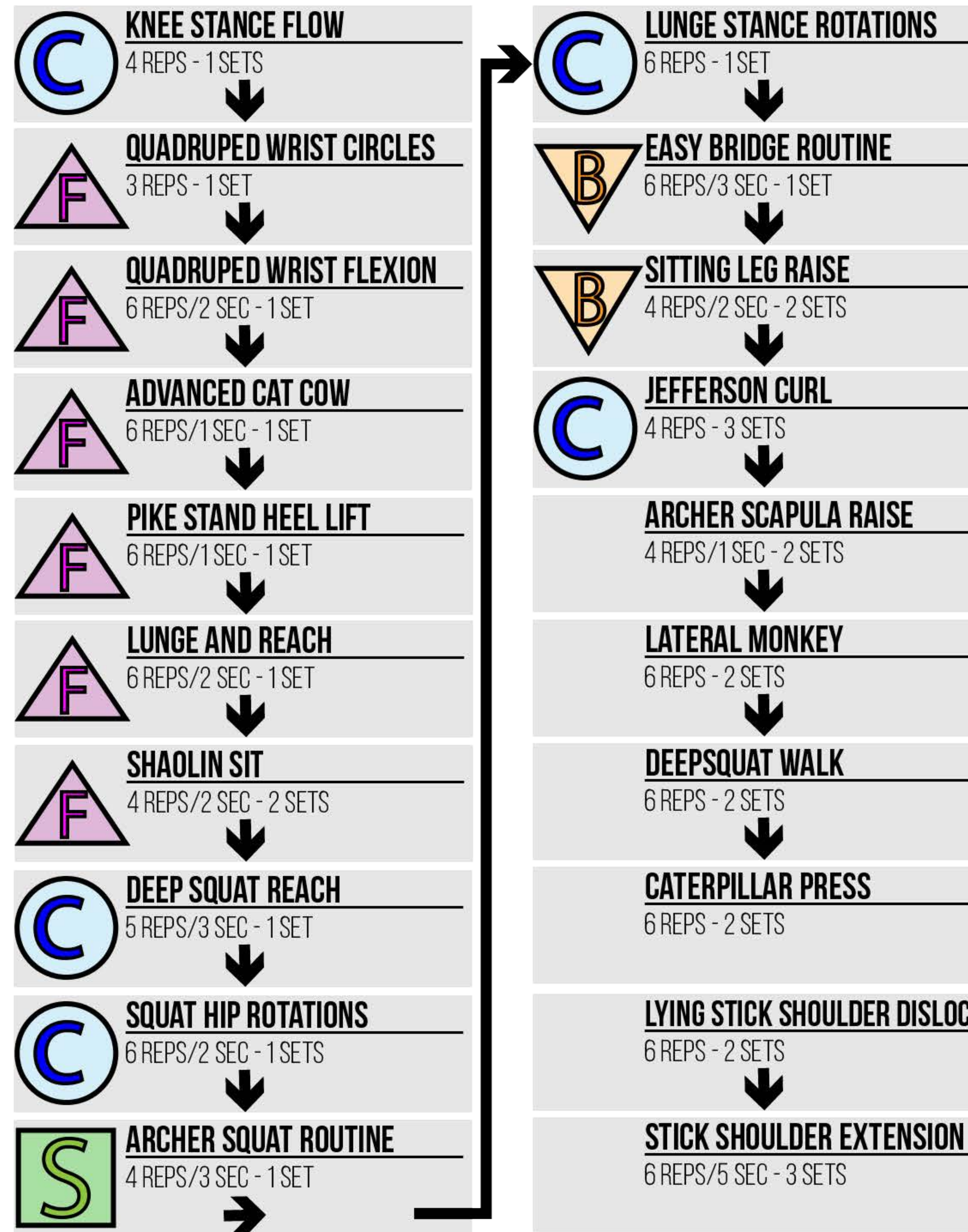
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Day 1	Rest	Day 3	Rest	Day 5	Rest	Day 7
Week 2	Day 8	Rest	Day 10	Rest	Day 12	Rest	Day 14
Week 3	Day 15	Rest	Day 17	Rest	Day 19	Rest	Day 21
Week 4	Day 22	Rest	Day 24	Rest	Day 26	Rest	Day 28
Week 5	Day 29	Day 30	Day 31	Rest	Day 33	Day 34	Rest
Week 6	Day 36	Day 37	Day 38	Rest	Day 40	Day 41	Rest
Week 7	Day 43	Day 44	Day 45	Rest	Day 47	Day 48	Rest
Week 8	Day 50	Day 51	Day 52	Rest	Day 54	Day 55	Rest

MOBILITY - LEVEL 2

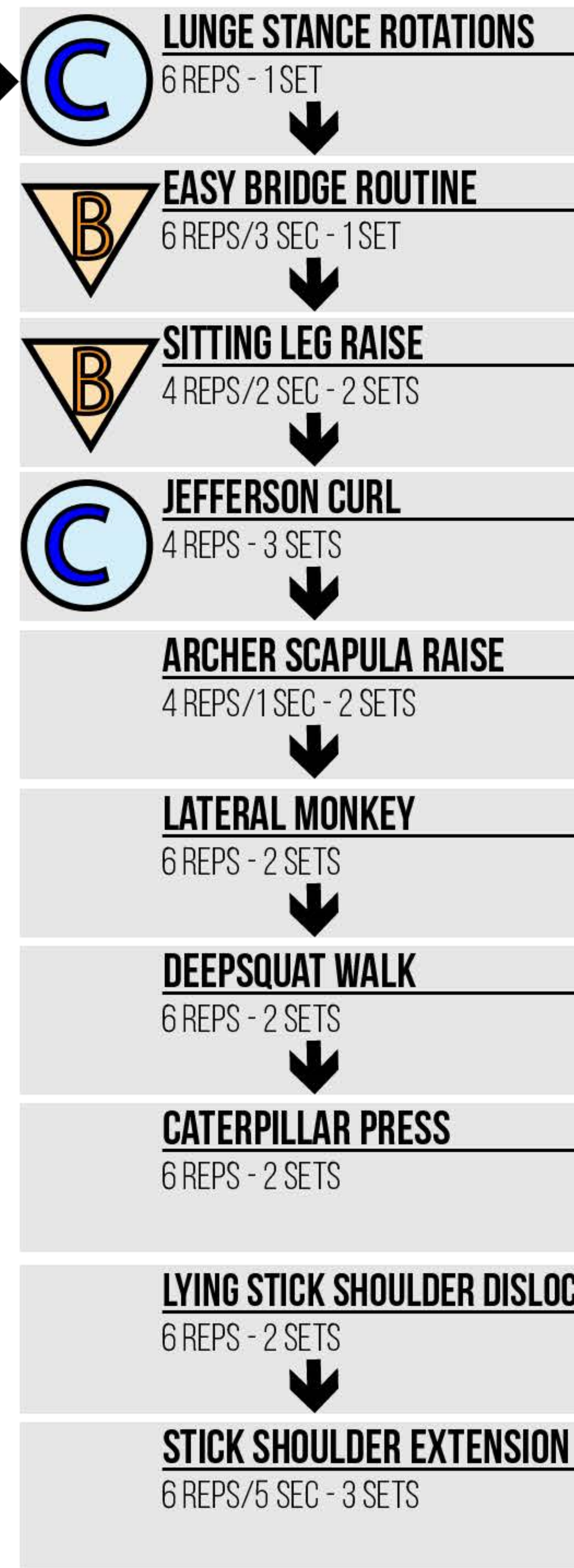
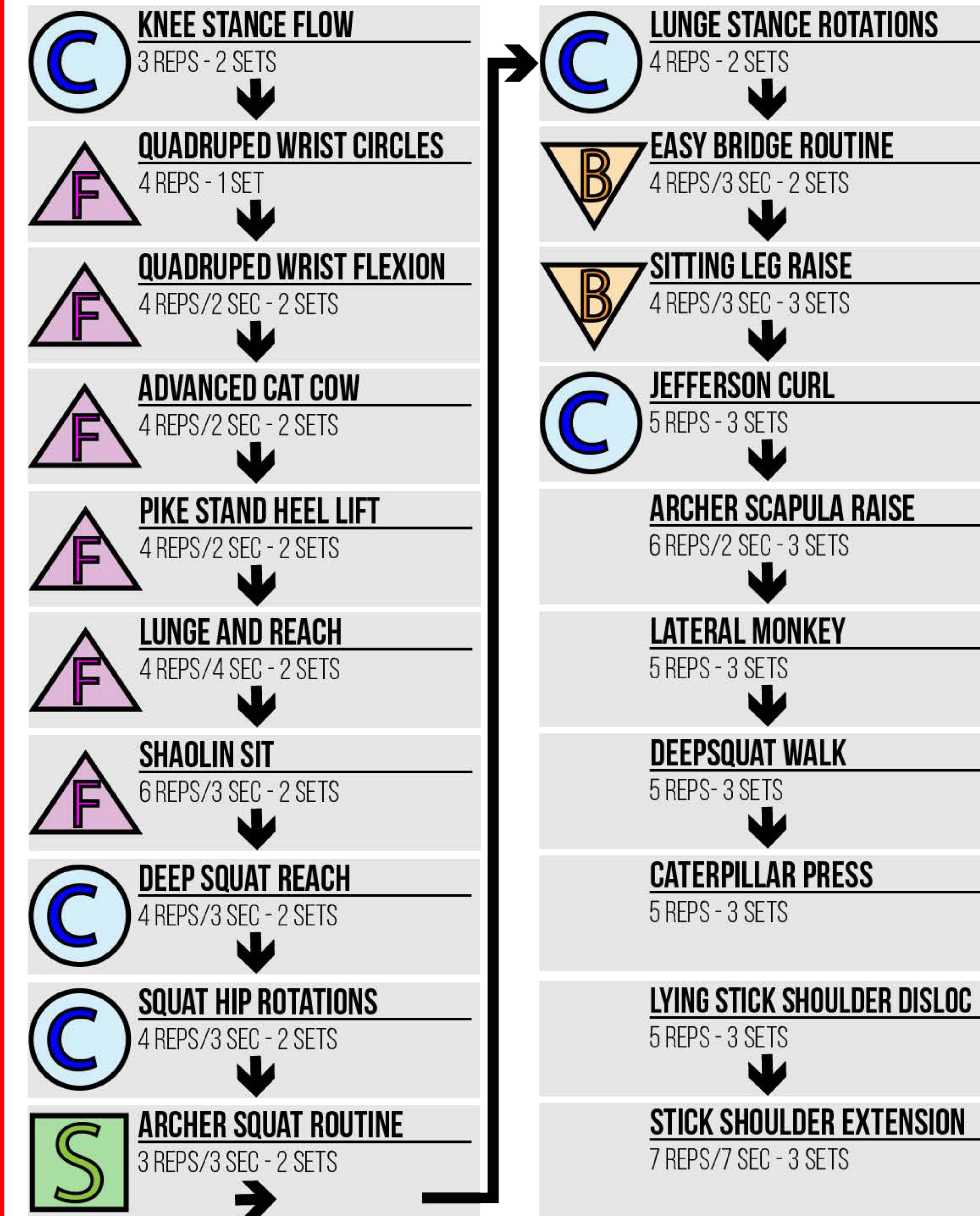
WEEK 1+2



WEEK 3-6



WEEK 7+8



MOBILITY - LEVEL 3

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Day 1	Day 2	Day 3	Rest	Day 5	Day 6	Rest
Week 2	Day 8	Day 9	Day 10	Rest	Day 12	Day 13	Rest
Week 3	Day 15	Day 16	Day 17	Rest	Day 19	Day 20	Rest
Week 4	Day 22	Day 23	Day 24	Rest	Day 26	Day 27	Rest
Week 5	Day 29	Day 30	Day 31	Rest	Day 33	Day 34	Day 35
Week 6	Day 36	Day 37	Day 38	Rest	Day 40	Day 41	Day 42
Week 7	Day 43	Day 44	Day 45	Rest	Day 47	Day 48	Day 49
Week 8	Day 50	Day 51	Day 52	Rest	Day 54	Day 55	Day 56

MOBILITY - LEVEL 3

WEEK 1+2

C ADV. KNEE STANCE FLOW
2 REPS - 1 SET

F PLANK WRIST CIRCLES
2 REPS - 1 SET

F QUADRUPED WRIST FLEXION
4 REPS/2 SEC - 1 SET

F PUSHUP SHRUGS
4 REPS/1 SEC - 1 SET

F PIKE STAND HEEL LIFT
4 REPS/3 SEC - 2 SETS

F LUNGE FOOT CIRCLES
2 REPS - 1 SET

F ADV. LUNGE AND REACH
3 REPS/3 SEC - 1 SET

F SHAOLIN SIT LEG RAISE
2 REPS/1 SEC - 1 SET

C FIG. 4 SQUAT ROTATIONS
2 REPS - 2 SETS

C ADV. DEEP SQUAT REACH
4 REPS/3 SEC - 2 SETS

S ARCHER SQUAT ROUTINE
3 REPS/4 SEC - 2 SETS

S HURDLE SIT SWITCHES
2 REPS/2 SEC - 1 SET

C PRYING GOBLET SQUAT
4 REPS - 1 SET

B EASY BRIDGE TRANSLATION
4 REPS/3 SEC - 2 SETS

B EASY TO BACK BRIDGE
2 REPS/1 SEC - 1 SET

B SITTING LEG RAISE
4 REPS/4 SEC - 3 SETS

B BACKBRIDGE PUSH UPS
2 REPS/1 SEC - 1 SET

C WEIGHTED JEFFERSON CURL
3 REPS - 2 SETS

A ARCHER SCAP RAISE
8 REPS/2 SEC - 3 SETS

A ADV. LATERAL MONKEY
4 REPS - 2 SETS

A DEEPSQUAT WALK
6 REPS - 3 SETS

A BACKBRIDGE WALK
4 REPS - 1 SET

A LYING STICK SHOULDER DISLOC
4 REPS - 2 SETS

A STICK SHOULDER EXTENSION
5 REPS/5 SEC - 3 SETS

WEEK 3-6

C ADV. KNEE STANCE FLOW
3 REPS - 1 SET

F PLANK WRIST CIRCLES
2 REPS - 2 SETS

F QUADRUPED WRIST FLEXION
5 REPS/3 SEC - 1 SET

F PUSHUP SHRUGS
6 REPS/1 SEC - 1 SET

F PIKE STAND HEEL LIFT
5 REPS/3 SEC - 2 SETS

F LUNGE FOOT CIRCLES
2 REPS - 2 SETS

F ADV. LUNGE AND REACH
4 REPS/3 SEC - 2 SETS

F SHAOLIN SIT LEG RAISE
3 REPS/1 SEC - 2 SETS

C FIG. 4 SQUAT ROTATIONS
3 REPS - 2 SETS

C ADV. DEEP SQUAT REACH
4 REPS/3 SEC - 3 SETS

S ARCHER SQUAT ROUTINE
4 REPS/4 SEC - 2 SETS

S HURDLE SIT SWITCHES
3 REPS/2 SEC - 2 SETS

C PRYING GOBLET SQUAT
4 REPS - 2 SETS

B EASY BRIDGE TRANSLATION
4 REPS/5 SEC - 2 SETS

B EASY TO BACK BRIDGE
3 REPS/2 SEC - 1 SET

B SITTING LEG RAISE
4 REPS/6 SEC - 3 SETS

B BACKBRIDGE PUSH UPS
3 REPS/2 SEC - 2 SETS

C WEIGHTED JEFFERSON CURL
4 REPS - 2 SETS

A ONE ARM SCAP RAISE
2 REPS/2 SEC - 2 SETS

A ADV. LATERAL MONKEY
6 REPS - 2 SETS

A DEEPSQUAT WALK
8 REPS - 3 SETS

A BACKBRIDGE WALK
5 REPS - 2 SETS

A LYING STICK SHOULDER DISLOC
6 REPS - 2 SETS

A STICK SHOULDER EXTENSION
5 REPS/10 SEC - 3 SETS

WEEK 7+8

C ADV. KNEE STANCE FLOW
2 REPS - 2 SETS

F PLANK WRIST CIRCLES
3 REPS - 2 SETS

F QUADRUPED WRIST FLEXION
3 REPS/4 SEC - 2 SETS

F PUSHUP SHRUGS
5 REPS/2 SEC - 2 SETS

F PIKE STAND HEEL LIFT
4 REPS/3 SEC - 3 SETS

F LUNGE FOOT CIRCLES
3 REPS - 2 SETS

F ADV. LUNGE AND REACH
5 REPS/3 SEC - 2 SETS

F SHAOLIN SIT LEG RAISE
3 REPS/2 SEC - 2 SETS

C FIG. 4 SQUAT ROTATIONS
3 REPS - 3 SETS

C ADV. DEEP SQUAT REACH
5 REPS/3 SEC - 3 SETS

S ARCHER SQUAT ROUTINE
4 REPS/4 SEC - 3 SETS

S HURDLE SIT SWITCHES
4 REPS/3 SEC - 2 SETS

C PRYING GOBLET SQUAT
5 REPS - 2 SETS

B EASY BRIDGE TRANSLATION
4 REPS/5 SEC - 3 SETS

B EASY TO BACK BRIDGE
4 REPS/3 SEC - 2 SETS

B SITTING LEG RAISE
5 REPS/6 SEC - 3 SETS

B BACKBRIDGE PUSH UPS
4 REPS/3 SEC - 2 SETS

C WEIGHTED JEFFERSON CURL
4 REPS - 3 SETS

A ONE ARM SCAP RAISE+ROT.
3 REPS/3 SEC - 3 SETS

A ADV. LATERAL MONKEY
8 REPS - 2 SETS

A DEEPSQUAT WALK
8 REPS - 4 SETS

A BACKBRIDGE WALK
6 REPS - 3 SETS

A LYING STICK SHOULDER DISLOC
5 REPS - 3 SETS

A STICK SHOULDER EXTENSION
5 REPS/10 SEC - 4 SETS

FRONT SPLIT MOBILITY

PRE FRONT SPLIT

1 REP/120 SEC - 2 SETS



WALL QUAD HIP FLEXOR STRETCH

2 REPS/120 SEC - 2 SETS



STANDING LEG RAISE

5 REPS/10 SEC - 3 SETS



SIDE SPLIT MOBILITY

PRE SIDE SPLIT

1 REP/120 SEC - 2 SETS



HORSE STANCE

5 REPS/30 SEC - 3 SETS



STANDING SIDE LEG RAISE

3 REPS/10 SEC - 3 SETS



V-SIT AND HANDSTAND PRESS MOBILITY

SITTING PIKE STRETCH

1 REP/120 SEC - 2 SETS



SITTING LEG RAISE

8 REPS/8 SEC - 3 SETS



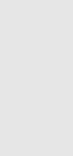
WALL V-SIT

3 REPS/10 SEC - 3 SETS



WEIGHTED JEFFERSON CURL

3 REPS/10 SEC - 3 SETS



WEIGHT. ST. SHOULDER EXTENSION

8 REPS/10 SEC - 4 SETS



LYING WEIGHTED STICK LIFT

3 REPS/10 SEC - 3 SETS

