

Mobility Exercise Library

Program A

Wall Hip Flexor Mob



Mobility Exercise Library

Coaching Cues: Get tall and tight and squeeze back glute
Purpose: To improve hip mobility

Mobility Exercise Library

Program A

Bench T-Spine Mob



Mobility Exercise Library

Coaching Cues: Keep the chest proud and ribcage down(get motion from upper back)

Purpose: To improve T-spine extension

Mobility Exercise Library

Program A

Split Stance Kneeling Adductor Mob



Coaching Cues: Put one leg out to the side and sit back as far as you can
Purpose: To improve frontal plane hip mobility and adductor length

Mobility Exercise Library

Program A

Quad. T-Spine Extension Rotation



Mobility Exercise Library

Coaching Cues: Keep the chest proud and follow your elbow with your eyes
Purpose: To improve T-Spine rotation and extension

Mobility Exercise Library

Program A

Quad. Chin Tucks



Mobility Exercise Library

Coaching Cues: Pressurize the back of your neck, make a double chin
Purpose: To improve cervical spine stability and strength the deep neck flexors

Program A

Glute Bridge with ER



Coaching Cues: Perform a supine bridge with feet together, keep hip up squeeze the butt

Purpose: To active the glute and external rotators of the hip

Mobility Exercise Library

Program A Floor Shoulder Series



*Coaching Cues: Perform Prone Y,T,W and “surfer” keep shoulder back and down
Purpose: To develop pulling shoulder stability and activate the muscle in upper
back and posterior shoulder*

Mobility Exercise Library

Program A

Squat to Stand



Mobility Exercise Library

Coaching Cues: Perform a touch and & yourself into a deep squat, knees out
Purpose: To develop hip mobility and hamstring length necessary for squatting and deadlifting

Mobility Exercise Library

Program A
Cossack Squat

Mobility Exercise Library



Coaching Cues: Perform a lateral squat and slide from side to side
Purpose: To develop frontal plane hip mobility and improve adductor length

Program A

Reverse Lunge with Overhead Reach



Coaching Cues: Step behind and reach behind. Get tall and tight pull yourself up
Purpose: To develop hip mobility and t-spine extension

Mobility Exercise Library

Program A Squats



Coaching Cues: Chest proud, butt back, knees out
Purpose: To warm up and work on your squatting

Mobility Exercise Library

Mobility Exercise Library

Program A
Push Ups



Mobility Exercise Library

Program A

Jumping Jacks



Coaching Cues: Glute tight, pull yourself down, push the floor away
Purpose: To warm up and pattern the push up

Mobility Exercise Library



Coaching Cues: Performing jumping jacks bringing the arms all the way overhead
Purpose: To raise body temperature and improve shoulder mobility

Mobility Exercise Library

Program A

Low Pogo



Mobility Exercise Library

Coaching Cues: Perform reflex ankle jumps as quickly and reactively as possible
Purpose: To activate the CNS and raise body temperature

Mobility Exercise Library

Program B Ankle Mobs



Coaching Cues: Keep heel pressed down to the floor and drive knee to the wall
Purpose: To improve ankle mobility

Mobility Exercise Library

Program B

T-Spine Windmill



Mobility Exercise Library

Coaching Cues: Hinge the hips back, lock down the rib cage and rotate as far as you can

Purpose: To improve T-spine rotation

Mobility Exercise Library

Program B

Bench Hip Flexor Mob



Mobility Exercise Library

Coaching Cues: Perform a hip flexor stretch squeezing the back glute on a bench
Purpose: To improve hip mobility for bench pressing

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Program B

Single Leg Hip Thrusts



Mobility Exercise Library

Coaching Cues: Perform a single leg glute bridge with back elevated
Purpose: To activate the glute and improve rotary stability

Mobility Exercise Library

Program B

Standing bench Hips Flexor Activation

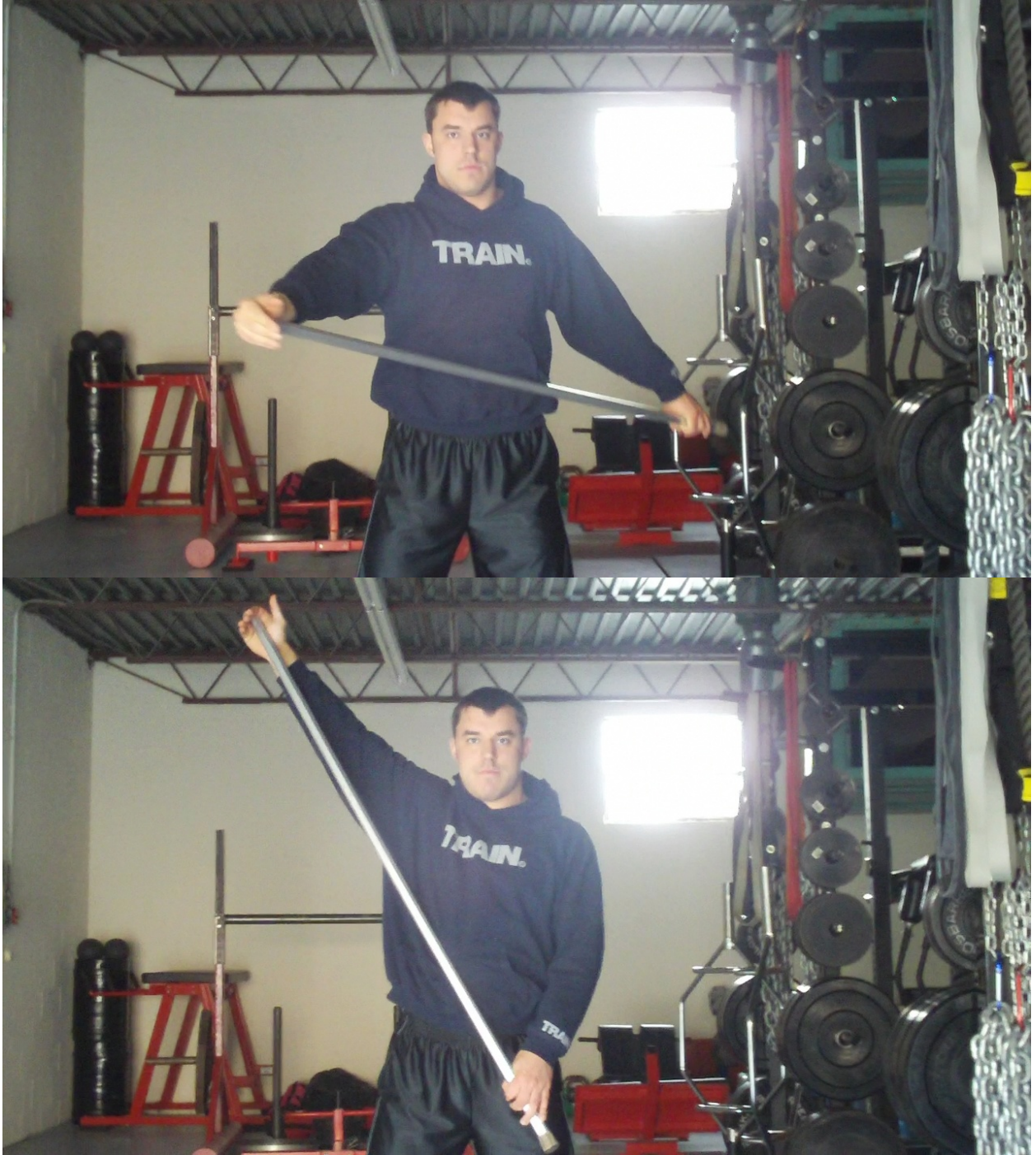


Mobility Exercise Library

Coaching Cues: Chest proud, squeeze the back glute, get tall and tight
Purpose: To activate the hip flexors

Mobility Exercise Library

Program B
Pec Mob with Pole



Mobility Exercise Library

Coaching Cues: Perform a pec mob with a stick

Purpose: To dynamic stretch the pecs and improve overhead position

Mobility Exercise Library

Program B
Wall Slides



Mobility Exercise Library

Program B ***Lunge Complex***



Coaching Cues: Perform split squats in all three planes
Purpose: To develop hip mobility in all planes

GPP and Movement Prep Phase
Spiderman Lunge with Rotation



Mobility Exercise Library

Coaching Cues: Lunge out, bring elbow to instep and rotate follow hand with your eyes

Purpose: To improve hip and upper back mobility

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GPP and Movement Prep Phase

Wideouts



Mobility Exercise Library

Coaching Cues: Bring feet in and out as fast as you can in a good stance
Purpose: To activate the CNS and raise body temperature

Mobility Exercise Library

Program B
High Pogos



Mobility Exercise Library

Coaching Cues: Perform high amplitude reflexive ankle jumps
Purpose: To activate the CNS and raise body temperature

Mobility Exercise Library

Program C
Seal Jacks



Mobility Exercise Library

Coaching Cues: Perform Jumping Jacks bringing arms front to back
Purpose: To dynamically stretch the pecs and activate the CNS, raise body temperature

Mobility Exercise Library

Program C

Flings



Mobility Exercise Library

Coaching Cues: Perform jumping jacks while crossing the arms & the feet, switch directions each repetition

Purpose: To activate the CNS, raise body temperature and improve coordination

Program C

Tri Planar Split Squats



Coaching Cues: Perform Split Squats in all planes, overhead reach, lean, and twist
Purpose: To improve hip mobility in all planes

Program C

Glute Bridge with Holds



*Coaching Cues: Drive the hips up, squeeze the glutes and hold for a given time
Purpose: To activate the glutes and improve hip extension*

Mobility Exercise Library

Program C

Mobility Exercise Library

Quad. T-Spine Ext. Rotation with Internal Rotation



Coaching Cues: One arm behind you back, posture up, rotate, follow elbow with eyes

Purpose: To improve thoracic spine and shoulder mobility (internal rotation)

Program C

7 Count Scap Push Ups



Coaching Cues: Pull shoulder blades together and push them away for time
Purpose: To activate the serratus anterior and improve shoulder function

Program C

Forearm Wall Slides



Coaching Cues: Perform wall slides facing the wall with the thumbs facing away
Purpose: To improve overhead mechanics and warm up the shoulders

Mobility Exercise Library

Program C Clock Lunges



*Coaching Cues: Perform forward, lateral, rotational and reverse lunges
Purpose: To improve hip mobility in multiple planes*

Mobility Exercise Library

Program C
Jump Rope



Coaching Cues: Stay light on your feet and find a rhythm

Purpose: To activate the CNS, raise body temperature and improve coordination

Program D

Chin Figure 8



Coaching Cues: Imagine you have a piece of chalk in your mouth and draw a figure eight with your chin

Purpose: To unlock the neck and improve cervical spine function

Mobility Exercise Library

Program D

Kneeling Hip Flexor Mob



Coaching Cues: Get tall and tight and squeeze back glute

Purpose: To improve hip mobility and increase the length of the hip flexors

Mobility Exercise Library

Program D

Roll Over Series [V Sit](#), [Straight Leg](#), [Glute Stretch](#), [Hip Flexor](#) (not pictured)



Coaching Cues: Roll onto your back and forcefully drive up into a desired stretch position (V-sit, straight leg hamstring, glute, or hip flexor, get creative!)

Purpose: To improve hip mobility and adductor length(V-sit)

Program D

Standing Hip Flexor Activation



Coaching Cues: Chest proud, squeeze back glute, raise opposite hip as high as you can without compromising your spine

Purpose: To improve balance and activate the hip flexors

Mobility Exercise Library

Program D
Inch Worm



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Coaching Cues: Perform a toe touch, walk hands out to push up, then ankle walk back to toe touch position and repeat

Purpose: To improve shoulder, core stability, hamstring length & ankle mobility

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Program D
Broad Jump



Coaching Cues: Load the hips and explode out as far as you can under control
Purpose: To excite the CNS

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Trap Levator Stretch



Coaching Cues: Look down at your opposite toe, tuck your chin and light pull your head on an angle (not straight ahead and not toward the side right in between)
Purpose: To improve the length of the muscles surrounding the cervical spine

Mobility Exercise Bank
Band Pull Aparts



Coaching Cues: Pull a band a part and squeeze your shoulder blades together
Purpose: To activate the muscles in the upper back and dynamic stretch the pecs

Mobility Exercise Bank

Planks



Coaching Cues: Neck Packed, lats active, glutes tight, abs braced
Purpose: To activate the core

Mobility Exercise Bank

Crab Walk Series [Forward](#) and [Back](#)



Coaching Cues: Perform crabs walks in a variety of directions, keep the hips up
Purpose: To train fundamental movement patterns, activate the core and improve shoulder stability

Mobility Exercise Library

Mobility Exercise Bank

Bear Crawls, [Forward](#), Lateral(not pictured) and [Reverse](#)



Coaching Cues: Perform bear crawls in a variety of directions, keep the hips up slightly and spine neutral, move from the hips

Purpose: To train fundamental movement patterns, activate the core and improve shoulder stability

Mobility Exercise Library

Mobility Exercise Bank

Roll Series Forward and Back (not pictured) Log Roll Series Log Roll to [Plank](#) and [Push Up](#)



Coaching Cues: Perform a lateral roll into a plank or push up

Purpose: To train fundamental movement patterns, activate the core and improve shoulder stability

Mobility Exercise Bank

Breathing Series Prone and Supine



Mobility Exercise Library

Coaching Cues: Breath through your belly and expand in three dimensions
Purpose: To improve breathing patterns necessary for strength training