

Mobility... Your joints ability to move through its full range of motion. Here we are preparing the muscles & joints to perform the movements they are about to undertake. E.g Opening the hips to get into a deeper squat & opening the shoulders for your upper body movements. This helps prevent placing unnecessary load on the joints & allows you to focus on placing more load on the muscle you are intending to work. Perform these exercises in order for a full body mobility flow before each workout.

Mobility Exercises:

- Child's Pose 30-60 sec (*Hips, ankles, elongates the spine & stretches the back*) Regression: *Do this standing against a wall to stretch the lats & open the shoulders*



- Cat Cow 10-20 alternations (*Introduces flexion & extension to the upper back/movement to the spine*) Regression: *You can do these on a chair*



- Thread the needle 5-10 per side (*Rotation through the spine & stretches the lats*) Regression: *Seated twist on a chair*



- Spiderman 30-60 sec (Opens the hip & ankle. Great to do before squats) Regression: Lying on your back & pull knee into chest



- 90/90 30-60 sec per leg (Works on internal & external rotation through the hip. The hip joint is a ball & socket joint so we must mobilise in all planes of motion e.g forwards & backward (spiderman), side to side (cossack squat) & internal & external (90/90))



- Cossack 10-20 alterations (Opens & activates the hip whilst stretching the adductors & introduces movement to the ankles.) Use a bench/chair for support as a regression



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- Pullovers 10-20 (Opens the shoulders & chest) You can use a towel for this too

