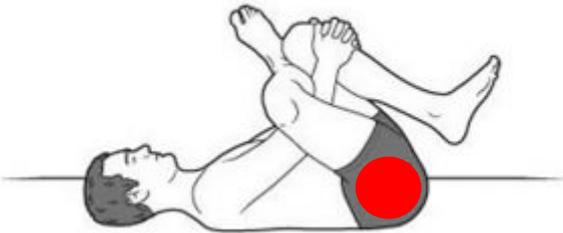
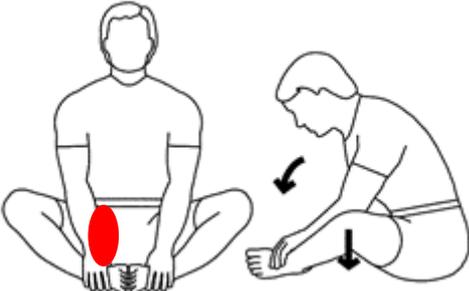
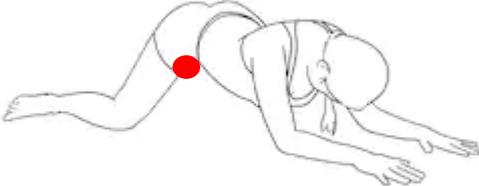


General Mobility Advice

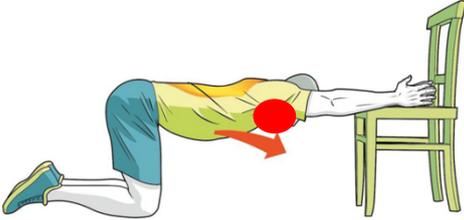
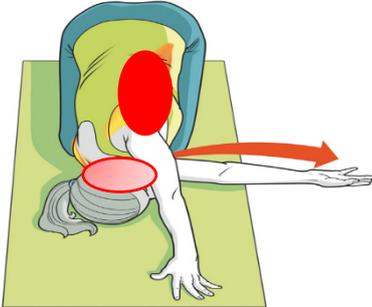
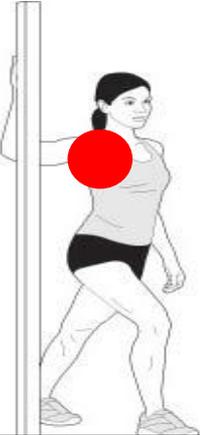
Author: Callum Garforth, Personal Trainer

Mobility exercises should be done daily for the best results, can be worked in to Yoga/Pilates routine or done after exercise. These exercises are designed to improve and maintain mobility through any programme and keep your body in its best, injury free, condition. It is worth noting that these exercises are created for a healthy and injury free individual, if you have any specific injuries or concerns then we advise you to see a physiotherapist or medical professional.

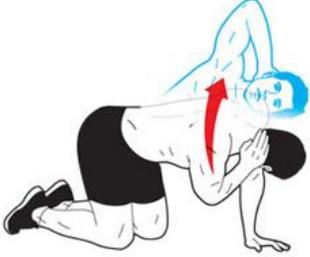
Hip mobility:

Exercise	Duration
<p>Thread the needle stretch</p> 	<p>4 times 30 seconds hold on each leg</p> <p>If you cannot feel the stretch deep in the glute try moving your ankle position (either further past the knee or closer too it)</p>
<p>Butterfly stretch</p> 	<p>3 times 30 seconds hold 30 second rock from side to side 30 seconds hold with forward lean Try to get knees closer to floor each hold</p>
<p>Kneeling hip flexor stretch</p> 	<p>4 times 45 seconds hold on each side</p> <p>To get the best stretch make sure to push forwards from the glutes instead of just leaning forward into the hip</p>
<p>Frog stretch</p> 	<p>3 times 30 seconds hold Try to wide legs each hold</p> <p>Ensure you stay relaxed to allow your bodyweight to easily loosen the groin and hips</p>

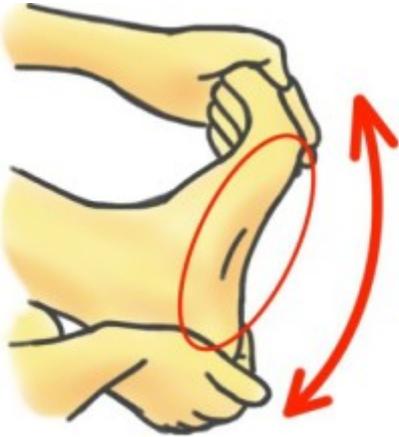
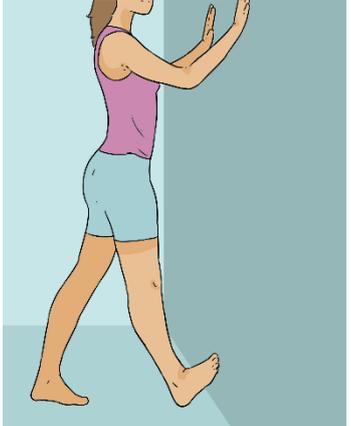
Shoulder mobility:

Exercise	Duration
<p>Chair shoulder stretch</p> 	<p>3 times 30 seconds hold</p> <p>Each repeat try to sink body lower towards the ground.</p> <p>Ensure your hands don't move off the chair</p>
<p>Cross-body shoulder stretch</p> 	<p>3 times 30 seconds hold 30 seconds slow rocks Repeat on each arm</p> <p>To increase the stretch, rotate your body deeper into the arm flat on the floor</p>
<p>Door frame chest/shoulder stretch</p> 	<p>4 times 30 seconds hold on each side</p> <p>Ensure that your shoulder joint is not being pushed. Step your weight forward and keep the shoulder in place</p> <p>To increase the stretch on the chest, slide your arm higher up the frame so your arm has moved from a 90-degree angle to a 45-degree angle</p>
<p>Overhead arm extension</p> 	<p>3 times 10 repetitions</p> <p>Start with your arms by your sides, in one fluid motion raise them overhead. Ensure it is a controlled swinging motion, raise the arms in a forward's motion.</p> <p>Try to extend the arms a little bit further past the head each repetition.</p>

Spinal mobility:

<p>Cat Cow</p> 	<p>5 times 10 repetitions</p> <p>Make sure the movement is slow and controlled.</p>
<p>Childs pose</p> 	<p>3 times 30 second hold 10 bouncing repetitions</p> <p>On the bounces, just make small movements bouncing the hips up and onto the ankles</p>
<p>T-spinal mobility</p> 	<p>3 times 10 repetitions on each side</p> <p>Try to stretch your body slightly further on each repetition.</p>

Ankle mobility:

Exercise	Duration
<p>Ankle rock</p> 	<p>2 times 30 seconds rocking on each foot</p> <p>Rock the foot backwards and forwards through the range of motion.</p> <p>Try to stretch the ankle further in each direction each repetition</p>
<p>Wall calf stretch</p> 	<p>3 times 30 seconds hold on each foot</p> <p>To increase the stretch, try to get the heel closer to the wall and push more weight into it.</p>
<p>Wall lean ankle stretch</p> 	<p>3 times 30 seconds on each foot</p> <p>Start with your toes touching the wall, then rock your knee forwards until it touches the wall.</p> <p>As your mobility increases move your foot further away from the wall</p>

Once you feel you have mastered these and want a bit more, YouTube is a fantastic resource, a really fantastic channel is one called Gold Medal Bodies (GMB):

<https://www.youtube.com/user/GoldMedalBodiesVids>