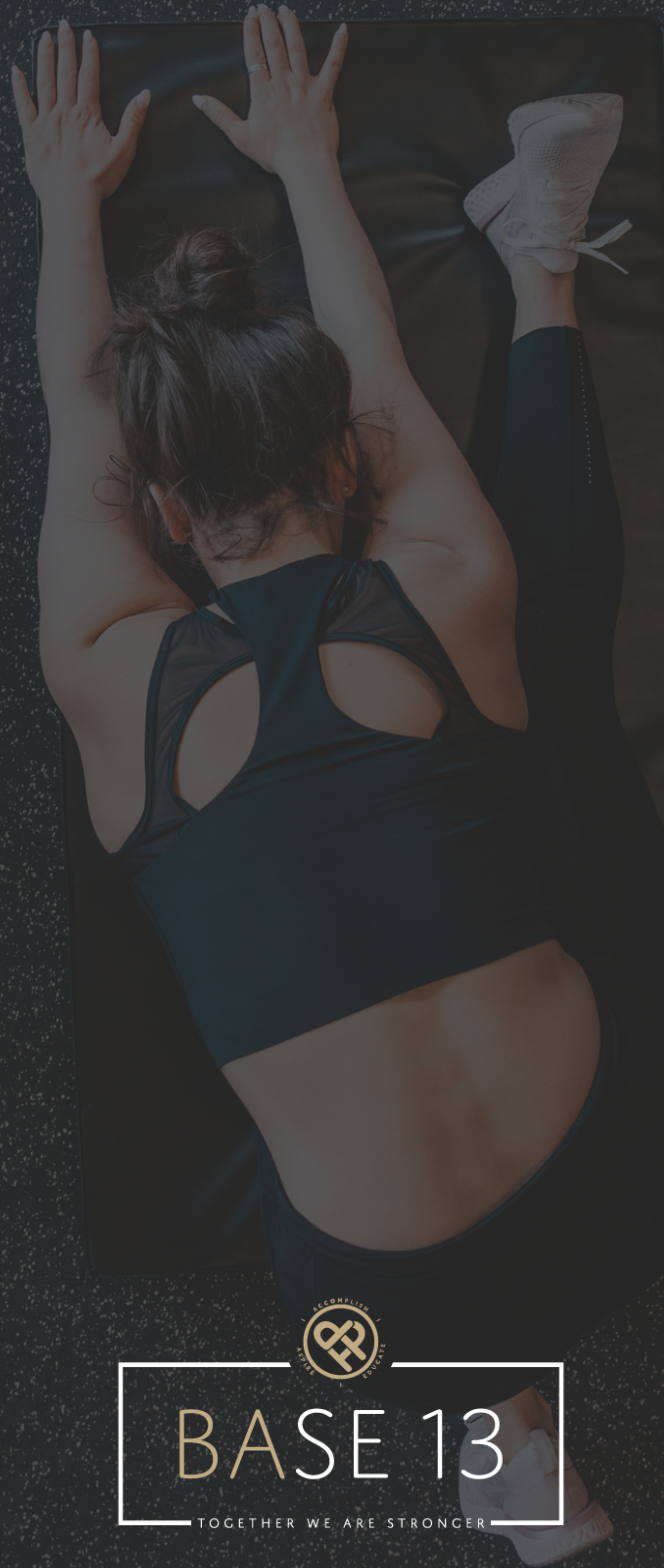


MOBILITY GUIDE



BASE 13

TOGETHER WE ARE STRONGER

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BASE 13

TOGETHER WE ARE STRONGER

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ANKLES

ANKLE CAR'S



1. SIT DOWN WITH LEGS OUT IN FRONT OF YOU.
2. KEEP YOUR KNEES LOCKED BY ACTIVATING YOUR QUADS
3. START TO CREATE CIRCLES WITH YOUR BIG TOES WHILE MAINTAINING A CONTROLLED TEMPO OF 3-4S
4. PERFORM THIS BOTH ANTICLOCKWISE AND CLOCKWISE
5. SPEND 20-30S ON EACH ANKLE

BANDED JOINT MANIPULATIONS



1. WRAP A MEDIUM RESISTANCE BAND AROUND SOMETHING SECURE.
2. ON THE OTHER END PLACE YOUR FOOT INSIDE THE BAND PLACING THE BAND IN BETWEEN THE BOTTOM OF YOUR SHIN BONE AND TOP OF FOOT BONE.
3. LENGTHEN THE BAND SO IT APPLIES PRESSURE TO YOUR ANKLE.
4. HOLD FOR 90 SECONDS EACH SIDE.

ANKLE CIRCLES



1. STANDING UPRIGHT SHIFT YOUR WEIGHT ON TO ONE FOOT AND WITH THE OTHER FOOT GO ONTO YOUR TOES
2. BEGIN TO DRAW CIRCLES WITH YOUR ELEVATED HEEL
3. PERFORM THIS BOTH ANTICLOCKWISE AND CLOCKWISE
4. SPEND 20-30S ON EACH ANKLE

BOX STRETCH



1. USING A RAISED PLATFORM AROUND MID THIGH HEIGHT PLACE ONE FOOT ON THE PLATFORM.
2. KEEPING YOUR FOOT GLUED INTO THE BASE, DRIVE YOUR KNEE FORWARDS AND OUTWARDS
3. HOLD FOR 90S EACH SIDE.

SOLEUS STRETCH



1. STANDING IN FRONT OF A WALL ROUGHLY 1 METER AWAY, TAKE A HALF STEP FORWARD.
2. SHIFTING YOUR WEIGHT TO THE FOOT IN FRONT, BEND THE KNEE FORWARDS AND OUTWARDS USING THE WALL FOR STABILITY
3. HOLD FOR 90S EACH SIDE

CALF STRETCH



1. PLACE YOUR FOOT ON AN OBJECT OR UP AGAINST A WALL TO ALLOW YOU TO PUSH YOUR TOES UP TO THE CEILING AND HEEL DOWN TO THE FLOOR
2. LEAN FORWARD WITH YOUR HIPS KEEPING YOUR KNEE LOCKED
3. HOLD FOR 90S EACH SIDE

ELEVATED CALF STRETCH



1. USING A RAISED PLATFORM AROUND MID THIGH HEIGHT PLACE ONE FOOT ON THE PLATFORM.

2. KEEPING YOUR FOOT GLUED INTO THE BASE, DRIVE YOUR KNEE FORWARDS AND OUTWARDS

3. HOLD FOR 90S EACH SIDE.



HIPS

CIRCULAR HIP ROTATIONS



1. LAY DOWN ON YOUR BACK WITH YOUR LEGS OUT IN FRONT OF YOU.
2. BRING ONE KNEE TOWARDS YOUR CHEST AND STOP WHEN YOUR HIP IS AT 90 DEGREES
3. DRIVE YOUR KNEE AWAY FROM YOUR BODY'S MIDLINE TOWARDS THE FLOOR AT A CONTROLLED SLOW TEMPO.
4. BEFORE YOUR KNEE TOUCHES THE FLOOR START TO EXTEND YOUR LEG BACK OUT INTO A LOCKED POSITION.

ELEVATED PIGEON STRETCH



1. USE A BOX BETWEEN KNEE AND HIP HEIGHT.
2. PLACE ONE FOOT ON TOP AND DROP THE OUTSIDE OF YOUR SAME LEG ON TOP OF THE BOX SO THAT YOUR OUTER THIGH, KNEE & SHIN IS AGAINST THE BOX.
3. LEAN FORWARD APPLYING A DEEP STRETCH ON YOUR HIP.
4. HOLD FOR 90 SECONDS EACH SIDE.

FROG HOLD



1. GET ON ALL FOURS WITH YOUR ARMS BOTH PARALLEL TO EACH OTHER AND SHOULDERS OVER YOUR WRISTS.
2. OPEN OUT YOUR KNEES SO THAT YOUR INNER THIGHS AND SHINS ARE FACING THE FLOOR WHILE MAINTAINING 90° AT THE KNEES.
3. HOLD THIS POSITION FOR 90S.

PALEO CHAIR



1. GET INTO YOUR SQUAT STANCE; FEET AROUND HIP WIDTH APART AND TOES FACING SLIGHTLY OUTWARDS.
2. SINK TO THE BOTTOM OF YOUR SQUAT STAYING CONSCIOUS OF NOT LETTING YOUR BACK ROUND.
3. PLACE YOUR ELBOWS IN BETWEEN YOUR KNEES AND APPLY OUTWARD PRESSURE.
4. HOLD FOR 10S BEFORE STANDING BACK UP

LUNGE LIZARD



1. STAND UP RIGHT AND TAKE A LARGE LUNGE FORWARD WITH ONE LEG SLIGHTLY OUTWARDS.
2. YOUR FRONT KNEE SHOULD BE 90° AND THE BACK LEG IS ALMOST STRAIGHT.
3. DROP BOTH HANDS INSIDE YOUR FRONT FOOT.
4. AIM TO SHOW YOUR CHEST TO THE SKY BY PUSHING YOUR HANDS INTO THE GROUND AND PUSHING YOUR CHEST THROUGH YOUR SHOULDERS.
5. HOLD FOR 90 SECONDS EACH SIDE.

CRAB ROTATIONS & HOLDS



1. SIT WITH YOUR LEGS OUT IN FRONT OF YOU, PLACE YOUR HANDS BEHIND YOUR BACK ON THE FLOOR AND KEEP YOUR SPINE TALL.
2. LIFT YOUR LEGS OFF THE FLOOR PUTTING THE SOLES OF YOUR FEET TO THE FLOOR JUST OUTSIDE OF YOUR SHOULDER WIDTH STANCE.
3. YOUR KNEES SHOULD BE BENT AT AROUND 90 DEGREES
4. INITIATE ROTATION OF BOTH HIPS TOWARDS THE RIGHT. EXTERNALLY ROTATING THE RIGHT HIP WHILE SIMULTANEOUSLY INTERNALLY ROTATING THE LEFT HIP.
5. REPEAT GOING LEFT.
6. KNEES SHOULD STAY BENT AT 90 DEGREES AND THE BALLS OF YOUR FEET BEING USED AS THE PIVOTING POINT TO ROTATE THE HIPS.
7. THIS SHOULD BE DONE EQUALLY ON BOTH SIDES AND CAN BE PERFORMED AS A DYNAMIC ROTATION OR A STATIC HOLD FOR 90S EACH SIDE



WRISTS

WRIST PRAYERS



1. PLACE BOTH YOUR HANDS TOGETHER AROUND CHEST HEIGHT WITH PALMS TOUCHING EACH OTHER AND FINGERS FACING UP.

2. DRIVE YOUR HANDS DOWN WHILE MAINTAINING CONTACT AT YOUR PALMS.

3. THIS SHOULD PUSH YOUR ELBOWS APART AND BRING YOUR HANDS JUST UNDER OR AROUND YOUR RIB CAGE DEPENDING ON MOBILITY.

REVERSE PRAYERS



1. PLACE BOTH YOUR HANDS TOGETHER AROUND CHEST HEIGHT WITH THE BACKS OF YOUR HANDS TOUCHING AND YOUR FINGERS POINTING DOWN.

2. DRIVE YOUR HANDS UPWARDS TOWARDS YOUR CHIN WHILE DOING YOUR BEST TO KEEP THE BACK OF YOUR HANDS TOGETHER.

3. HOLD AT THE TOP AND APPLY PRESSURE WHILE DRIVING ELBOWS DOWNWARDS.

WRIST FLEXION



1. SIT ON YOUR SHINS, PLACE YOUR HANDS ON THE FLOOR

2. PALMS FACING DOWN, FINGERS FACING FORWARDS AND MAKE SURE YOUR SHOULDERS ARE OVER YOUR WRISTS.

3. ROCK FORWARDS SO THAT YOUR SHOULDERS ARE IN FRONT OF YOUR WRISTS.

4. HOLD FOR 45S

WRIST EXTENSIONS



1. SIT ON YOUR SHINS, PLACE YOUR HANDS ON THE FLOOR.
2. PALMS FACING UP, FINGERS FACING BACKWARDS AND MAKE SURE YOUR SHOULDERS ARE OVER YOUR WRISTS.
3. ROCK BACKWARDS SO THAT YOUR SHOULDERS ARE BEHIND YOUR WRISTS.
4. HOLD FOR 45S

WRIST CIRCLES



1. START ON ALL FOURS, WITH YOUR PALMS DOWN, FINGERS FACING THE KNEES AND MAKING SURE YOUR SHOULDERS ARE OVER YOUR WRISTS.
2. START DRAWING CIRCLES BOTH CLOCKWISE AND ANTI-CLOCKWISE WITH YOUR SHOULDERS APPLYING PRESSURE TO THE WRISTS.

FRONT RACK HOLD



1. GET INTO YOUR FRONT RACK POSITION.
2. HANDS FACING UP, ELBOWS FORWARDS AND PARALLEL TO EACH OTHER.
3. USE YOUR RIGHT HAND TO APPLY DOWNWARD PRESSURE TO YOUR LEFT HAND, WITH THE AIM BEING TO GET THE LEFT HAND FINGERTIPS TO TOUCH THE TOP OF YOUR LEFT SHOULDER
4. STAY CONSCIOUS OF KEEPING YOUR ELBOW HIGH TO INCREASE THE STRETCH.
5. HOLD FOR 45S ON BOTH SIDES



LUMBAR
SPINE

BIRD DOGS



1. START ON ALL FOURS WITH YOUR WRISTS UNDER YOUR SHOULDERS AND KNEES UNDER YOUR HIPS.
2. MAINTAIN A NEUTRAL SPINE BY ENGAGING YOUR ABDOMINAL MUSCLES
3. RAISE YOUR RIGHT ARM AND LEFT LEG, KEEPING YOUR SHOULDERS AND HIPS PARALLEL TO THE FLOOR.
4. THE RAISED ELBOW AND KNEE SHOULD BE LOCKED IN THE END POSITION.
5. BRING THEM BACK DOWN TO THE STARTING POSITION AND INITIATE THE SAME MOVEMENT WITH YOUR LEFT ARM AND RIGHT LEG

LYING BENT KNEE ROTATION



1. START ON THE FLOOR LYING ON YOUR BACK WITH YOUR LEGS OUT IN FRONT OF YOU.
2. BEND THE KNEES TO 90 DEGREES AND BRING THEM OVER YOUR HIPS
3. ROTATE YOUR LEGS TOWARDS YOUR RIGHT SIDE
4. ONCE THE OUTSIDE OF YOUR RIGHT LEG MAKES CONTACT WITH THE FLOOR, PAUSE THEN RETURN TO THE MIDDLE AND REPEAT ON THE LEFT SIDE.

SCORPION



1. START FACE DOWN ON THE FLOOR IN THE CRUCIFIX POSITION.
2. BEND ONE KNEE TO 90°.
3. MAINTAIN A STRONG CORE AND KEEP BOTH SHOULDERS AGAINST THE FLOOR THROUGHOUT.
4. KEEP THE KNEE BENT AND START TO LIFT THE SAME LEG OF THE FLOOR SO THAT YOUR THIGH IS NO LONGER TOUCHING THE FLOOR.
5. ROTATE THROUGH LUMBAR SPINE AND REACH THE LIFTED FOOT TO THE OPPOSING HAND.
6. ONCE THE FOOT REACHES YOUR END RANGE OF MOTION, HOLD FOR 2-3S AND THEN RETURN TO THE STARTING POSITION AND PERFORM ON THE OTHER SIDE.

PELVIC ROTATIONS



1. START BY LYING ON THE FLOOR FACING UPWARDS WITH YOUR FEET ON THE FLOOR HIP WIDTH APART.
2. SINK YOUR BACK INTO THE FLOOR PUTTING EMPHASIS ON ROTATING THE HIPS.
3. HOLD FOR 2-3S
4. NOW START TO DO THE REVERSE, LIFTING YOUR LOWER BACK OFF THE FLOOR TILTING THE TOP OF YOUR PELVIS UP.

LYING KNEES TO CHEST



1. START BY LYING DOWN ON THE FLOOR FACING UPWARDS.
2. LIFT YOUR KNEES UP AND BRING THEM TOWARDS YOUR CHEST.
3. HOLD THEM TO YOUR CHEST BY HUGGING THE TOP OF YOUR SHINS.
4. PULSE THE KNEES INTO THE CHEST EXTENDING THE SPINE.

PRAYER STRETCH



1. START ON ALL FOURS WITH YOUR HIPS ABOVE YOUR KNEES, WRISTS SLIGHTLY IN FRONT OF YOUR SHOULDERS AND HANDS FACING FORWARDS.
2. SIT BACK ONTO YOUR HEELS AND SLIDE YOUR HANDS FORWARD KEEPING YOUR ELBOWS LOCKED OUT.
3. THINK ABOUT EXTENDING YOUR SPINE AND TRY TO DROP YOUR FOREHEAD AND TORSO TO THE FLOOR.
5. HOLD FOR 90S.



THORACIC
SPINE

CAT CAMEL



1. START ON ALL FOURS WITH YOUR HIPS ABOVE YOUR KNEES AND SHOULDERS ABOVE YOUR WRISTS.
2. KEEP YOUR ELBOWS LOCKED FOR THE DURATION OF THE EXERCISE.
3. PRESS THE FLOOR AWAY FROM YOU SPREADING YOUR SHOULDER BLADES APART WHILE SIMULTANEOUSLY PUSHING YOUR STOMACH UPWARDS AND TUCKING THE PELVIS UNDERNEATH.
4. HOLD FOR 2-3S.
5. NOW LET YOUR STOMACH SINK TOWARDS THE FLOOR, BRINGING YOUR SHOULDER BLADES TOGETHER AND LETTING THE PELVIS TILT UP.
6. HOLD FOR 2-3S

SIDE LYING THORACIC



1. START WITH YOUR BACK ON THE FLOOR
2. BRING YOUR OPPOSITE KNEE AROUND TO THE FOAM ROLLER
3. PLACE YOUR HANDS TOGETHER ON THE SAME SIDE,
4. SLOWLY ROTATE OUT TO THE END OF YOUR RANGE OF MOTION (ROM) WITHOUT YOUR KNEE COMING OFF THE FOAM ROLLER.
5. RETURN TO YOUR STARTING POSITION AND REPEAT TRYING TO INCREASE THE ROM WITH EVERY ROTATION.

REACH THROUGHS



1. START ON ALL FOURS WITH YOUR HIPS ABOVE YOUR KNEES AND SHOULDERS ABOVE YOUR WRISTS.
2. PLACE THE BACK OF YOUR HAND ON THE FLOOR WITH YOUR PALM FACING UPWARDS.
3. REACH THROUGH WITH YOUR RIGHT ARM PASSING UNDER YOUR LEFT ARMPIT. CONTINUE UNTIL THE SHOULDER TOUCHES THE FLOOR.
4. RETURN TO THE START POSITION AND REPEAT WITH THE LEFT ARM.

FOAM ROLLER EXTENSIONS



1. START ON ALL FOURS WITH YOUR HIPS ABOVE YOUR KNEES AND SHOULDERS ABOVE YOUR WRISTS.
2. PLACE A FOAM ROLLER HORIZONTALLY ACROSS WHERE YOUR HANDS WOULD BE.
3. PLACE YOUR WRISTS ON THE FOAM ROLLER, SHOULDER WIDTH APART AND PALMS FACING EACH OTHER.
4. KEEP YOUR CORE ACTIVE THROUGHOUT AND START TO EXTEND YOUR ARMS AWAY FROM YOU LETTING THE FOAM ROLLER GLIDE TO YOUR ELBOWS.

GLUTE BRIDGE /W THORACIC EXTENSION



1. LAY DOWN ON YOUR BACK WITH THE SOLES OF YOUR FEET ON THE FLOOR.
2. BRING YOUR ARMS OVERHEAD WITH YOUR WRIST ABOVE YOUR SHOULDERS
3. INITIATE A GLUTE BRIDGE DRIVING YOUR HIPS UPWARDS.
4. ONCE AT THE TOP OF YOUR GLUTE BRIDGE DROP YOUR ARMS BEHIND YOUR HEAD UNTIL THEY TOUCH THE FLOOR MAKING SURE TO KEEP THEM LOCKED OUT.

KNEELING THORACIC



1. START ON ALL FOURS WITH YOUR HIPS ABOVE YOUR KNEES AND FOREARMS ON THE FLOOR
2. PLACE ONE HAND BEHIND THE NECK
3. ROTATE THAT SAME ELBOW TO THE CEILING TRYING TO ISOLATE THE UPPER BACK KEEPING THE LOWER BACK STABLE.
4. RETURN TO STARTING POSITION.



SHOULDERS

BANDED DISLOCATES



1. STAND TALL HOLDING A STICK OR BAND IN THE OVER HAND GRIP
2. KEEP YOUR CORE ENGAGED NOT ALLOWING YOUR RIBS TO RISE.
3. BRING THE STICK OR BAND OVERHEAD AND BEHIND THE BODY UNTIL IT TOUCHES YOUR LOWER BACK MAKING SURE THE ELBOWS STAY LOCKED.
4. REVERSE THE PROCESS BACK TO THE STARTING POSITION.

PRONE DISLOCATES



1. LAY DOWN ON THE FLOOR WITH YOUR STOMACH AGAINST THE FLOOR AND ARMS EXTENDED IN THE "Y" POSITION WITH A STICK OR BAND.
2. KEEP THE CORE ENGAGED AND DON'T ALLOW YOUR RIBS TO RISE.
3. LOCK YOUR ELBOWS AND LIFT YOUR WRIST UP AND AROUND TILL THE STICK OR BAND TOUCHES YOUR LOWER BACK.

BANDED W'S



1. USE A LIGHT RESISTANCE BAND AND HOLD THE TWO ENDS OF THE BAND OUT IN FRONT WITH YOUR PALMS FACING UP.
2. ARMS SHOULD HAVE ELBOWS BENT AT 90 DEGREES AND BE TUCKED INTO YOUR SIDES. YOUR FOREARMS WILL BE PARALLEL TO THE FLOOR OUT IN FRONT.
3. PULL THE RESISTANCE BAND APART AND THIS WILL MOVE YOUR FOREARMS AWAY FROM THE MIDLINE OF THE BODY.
4. ONCE YOU HAVE REACHED THE END OF YOUR RANGE OF MOTION GO BACK TO THE START POSITION.

PRONE PEC STRETCH



1. LAY DOWN IN THE CRUCIFIX POSITION FACING THE FLOOR.
2. ROTATE THE TORSO SO YOUR LEFT SIDE COMES OFF THE FLOOR AND THE FRONT OF YOUR RIGHT SHOULDER PRESSES INTO THE FLOOR.
3. THIS CAN BE AIDED BY USING THE LEFT LEG AS A LEVER TO INCREASE THE STRETCH AS IF YOU WERE DOING A SCORPION.
4. RETURN TO THE STARTING POSITION AND REPEAT WITH THE LEFT SIDE ON THE FLOOR.

SHOULDER CAR'S



1. START ON ALL FOURS WITH YOUR HIPS ABOVE YOUR KNEES AND SHOULDERS ABOVE YOUR WRISTS.
2. KEEP YOUR CORE ENGAGED AND SPINE IN THE NEUTRAL POSITION.
3. BRING ONE HAND OFF THE FLOOR AND ROTATE CLOCKWISE AND ANTI-CLOCKWISE KEEPING THE ELBOW LOCKED.

90/90 SNOWMANS



1. STAND AGAINST THE WALL WITH YOUR ARMS BENT AT 90 DEGREES AND THE BACK OF YOUR HANDS TOUCHING THE WALL.
2. KEEP THE SPINE AGAINST THE WALL AND THE RIB CAGE DOWN.
3. DRIVE THE ARMS OVERHEAD AS IF DOING AN OVERHEAD PRESS BUT DON'T ALLOW YOUR RIBS TO FLARE OUT OR THE SPINE COME OFF THE WALL.
4. ONCE AS HIGH AS YOUR ARMS CAN GO BRING THEM BACK DOWN INTO THE STARTING POSITION.



FOAM ROLLING

FOAM ROLLING - CALVES



1. START WITH THE FOAM ROLLER JUST ABOVE THE ANKLE.
2. WHILE APPLYING PRESSURE ON YOUR CALF ROLL THE FOAM ROLLER UP TWO INCHES TOWARDS THE KNEE.
3. APPLYING LESS PRESSURE TO THE MUSCLE ROLL BACK DOWN ONE INCH TOWARDS THE ANKLE.
4. CONTINUE THIS PROCESS TILL YOU HAVE REACHED THE KNEE.
5. REPEAT ON THE OTHER SIDE.

FOAM ROLLING - HAMSTRINGS



1. START WITH THE FOAM ROLLER JUST ABOVE THE KNEE.
2. WHILE APPLYING PRESSURE ON YOUR HAMSTRING ROLL THE FOAM ROLLER UP TWO INCHES TOWARDS YOUR GLUTES.
3. APPLYING LESS PRESSURE TO THE MUSCLE ROLL BACK DOWN ONE INCH TOWARDS THE KNEE.
4. CONTINUE THIS PROCESS TILL YOU HAVE REACHED THE GLUTES.

FOAM ROLLING - QUADS



1. START WITH THE FOAM ROLLER JUST ABOVE THE KNEE.
2. WHILE APPLYING PRESSURE ON YOUR QUADRICEP ROLL THE FOAM ROLLER UP TWO INCHES TOWARDS YOUR GROIN.
3. WHILE APPLYING LESS PRESSURE TO THE MUSCLE ROLL BACK DOWN ONE INCH TOWARDS THE KNEE.
4. CONTINUE THIS PROCESS TILL YOU HAVE REACHED YOUR HIPS.
5. ROTATE THE FOOT WHILST ROLLING TO TARGET DIFFERENT SIDES OF THE QUAD