

MOVE
BETTER
FEEL BETTER
BE BETTER



INTENT
COACHING
MOBILITY
LIBRARY

INTENT MOBILITY LIBRARY

GUIDED MOBILITY FOR BETTER MOVEMENT

MOVE WITH INTENT.

BETTER MOBILITY. BETTER MOVEMENT. BETTER YOU.

| INTENT COACHING |

01 | MOBILITY LIBRARY



CONTENTS

INTENT MOBILITY LIBRARY

BETTER
MOVEMENT
BUILDS
A BRIGHTER
YOU.

Use this guide to quickly find the right section for your needs. Each section groups related drills to help you move better, feel better and perform better.

THE LIBRARY

- 01 - 08** | FOOT & ANKLE MOBILITY
- 09 - 10** | HAMSTRINGS & POSTERIOR CHAIN
- 11 - 25** | HIPS, GLUTES & LOWER-BODY MOBILITY
- 26 - 35** | SPINE, T-SPINE & CORE CONTROL
- 36 - 44** | CHEST & SHOULDERS
- 45 - 50** | NECK, BALANCE & MOVEMENT CONTROL

WELCOME TO THE

INTENT MOBILITY LIBRARY

The INTENT Mobility Library is designed to help you move better, recover smarter, and build long-term joint health. Use it as part of your warm-up, cool-down, recovery work, or daily movement routine.

HOW TO USE THIS GUIDE

- 1 Choose the body area or mobility goal that suits your needs.
- 2 Follow each page in order: target anatomy, setup, execution, what you should feel, common errors, and coach's eye.
- 3 Move slowly and stay within a pain-free, controllable range.
- 4 Use the rep or hold guide as written, adjusting only if needed for your level.
- 5 Focus on consistency and quality over intensity.

INTENT PRINCIPLES

-  Move with control.
-  Breathe throughout.
-  Chase quality, not discomfort.
-  Build better movement through consistency.



BUILDING YOUR MOBILITY ROUTINE

STRUCTURE TODAY. A STRONGER TOMORROW.

Use this page to build a simple, effective mobility routine that fits your needs and lifestyle. Follow the guidance below to choose focus areas, set volume, and stay consistent.



ROUTINE BLUEPRINT

- 1 Choose 1–2 focus areas based on your needs (ankles, hips, spine, shoulders, neck or wrists).
- 2 Start with 2–4 drills per session rather than trying to do everything at once.
- 3 Pair mobility with control — combine stretches, active reps, and stability work.
- 4 Stay in a pain-free range and move with slow, controlled intent.
- 5 Be consistent: 5–15 minutes done regularly beats long sessions done rarely.



DOSAGE GUIDELINES

- 1 Warm-up drills: 5–10 controlled reps.
- 2 Mobility stretches: 20–40 second holds.
- 3 Activation drills: 8–15 reps with control.
- 4 Repeat 1–3 rounds depending on time and goal.
- 5 Rest briefly, breathe steadily, and prioritise quality over fatigue.



WHEN TO USE IT

- | | |
|----------------------|--|
| PRE-TRAINING | Prepare joints and improve movement before lifting or running. |
| POST-TRAINING | Restore range of motion and reduce stiffness after sessions. |
| DESK / RECOVERY DAYS | Counter prolonged sitting and keep the body moving well. |
| DAILY RESET | Use short focused sessions to build long-term mobility habits. |



QUICK START FRAMEWORK

- 1 Pick your area.
- 2 Perform 2 mobility drills.
- 3 Add 1 control / stability drill.
- 4 Finish with steady breathing and reassess movement.

"A CONSISTENT ROUTINE TODAY
BUILDS A STRONGER YOU TOMORROW."

BETTER MOVEMENT
A CALMER MIND
A STRONGER YOU.



CHOOSING THE RIGHT DRILLS

MATCH THE DRILL TO YOUR GOAL.

The right drill at the right time leads to better movement, less stiffness, and more control. Use this page to choose drills that fit your goal, your current needs, and how you feel today.

MATCH THE DRILL TO YOUR GOAL

- 1 IMPROVE MOBILITY**
Choose drills that open up stiff joints and restore range of motion.
- 2 BUILD CONTROL**
Use active drills that teach you to own the new range.
- 3 REDUCE STIFFNESS**
Pick smooth, low-load movements for recovery or desk-reset sessions.
- 4 WARM UP FOR TRAINING**
Use dynamic reps that prepare the exact area you are about to train.
- 5 SUPPORT PAIN-FREE MOVEMENT**
Stay within a comfortable range and prioritise quality over depth.

GOAL MAP

FOOT & ANKLE	01-08	Ankle range, calf mobility, and foot control.
HAMSTRINGS & POSTERIOR CHAIN	09-10	Hamstring length and posterior-chain flexibility.
HIPS & GLUTES	11-20	Hip rotation, hip opening, and glute mobility.
LOWER-BODY MOVEMENT	21-25	Squat depth, lower-body control and lunge patterning.
SPINE & CORE	26-35	Thoracic mobility, spinal movement and core control.
CHEST & SHOULDERS	36-44	Upper-body mobility, posture and scapular control.
NECK & UPPER BACK	45-47	Neck relief and upper-back control.
BALANCE & ANKLE CONTROL	48-50	Gait, single-leg balance, and ankle control.

DECISION FILTER

- 1** Where do you feel restricted?
- 2** Do you need movement, a stretch, or control?
- 3** Can you perform it pain-free?
- 4** Does it match today's goal — warm-up, recovery, or daily movement?
- 5** Can you repeat it with steady breathing and control?

4-STEP STARTER FLOW

- 1** Pick one body area.
- 2** Choose 1 mobility drill.
- 3** Add 1 control / stability drill.
- 4** Recheck how you feel and move.

Start simple. Two well-chosen drills done consistently beat long routines done rarely.

INTENT PRINCIPLES



Move with control.



Breathe throughout.



Chase quality, not discomfort.



Build better movement through consistency.



BODY REGION INDEX

FIND THE RIGHT SECTION FOR YOUR GOAL.

Use this page to quickly find the most relevant section based on the area you want to improve. Each section includes targeted mobility work to help you move, feel and perform better.



FOOT & ANKLE

01 - 08

Mobility, stability, and lower-leg control.



HAMSTRINGS

09 - 10

Posterior flexibility and hamstring length.



HIPS & GLUTES

11 - 25

Hip mobility, glute function, squat depth, and lower-body movement.



SPINE & CORE

26 - 35

Thoracic mobility, spinal movement, and core control.



CHEST & SHOULDERS

36 - 44

Upper-body mobility, shoulder range, and scapular control.



NECK, BALANCE & CONTROL

45 - 50

Neck relief, shoulder stability, balance, and ankle control.

"USE THIS PAGE TO QUICKLY FIND THE RIGHT SECTION BASED ON THE AREA YOU WANT TO IMPROVE."

BETTER MOVEMENT
A CALMER MIND
A STRONGER YOU.



PURPOSE INDEX

FIND THE RIGHT DRILL FOR YOUR GOAL.

Use this index to quickly find exercises based on the result you want to achieve. Each category includes key exercises and page numbers. Many drills can fit into multiple categories, so use the one that best matches your current goal.



WARM-UP & MOVEMENT PREP

GET READY. MOVE BETTER.

- 03 Ankle Dorsiflexion – Knee to Wall
- 07 Ankle Circles / Controlled Ankle Rotations
- 20 90/90 Hip Switch
- 28 T-Spine Rotation
- 40 Shoulder CARs (Standing)
- 48 Standing Knee Hug to Calf Raise



RECOVERY & COOL-DOWN

RESET. RESTORE. REPEAT.

- 04 Straight-Leg Calf Stretch
- 10 Supine Hamstring Stretch
- 18 Figure-4 Glute Stretch
- 29 Thoracic Extension on Foam Roller
- 45 Posterior Neck Stretch
- 46 Levator Scapulae Stretch



RUNNING & LOWER-BODY PREP

STRONGER STEPS. MORE RESILIENT.

- 01 Toe Extension / Plantar Fascia Stretch
- 03 Ankle Dorsiflexion – Knee to Wall
- 06 Tibialis Anterior Stretch
- 09 Standing Hamstring Stretch
- 17 Half-Kneeling Quad Stretch
- 50 Heel-to-Toe Ankle Rock



HIP MOBILITY

OPEN HIPS. GREATER FREEDOM.

- 14 Cossack Squat Mobility
- 15 Half-Kneeling Hip Flexor Stretch
- 18 Figure-4 Glute Stretch
- 20 90/90 Hip Switch
- 21 90/90 Hip Hold
- 22 Shin Box Get-Up



SHOULDER & UPPER BODY

HEALTHY SHOULDERS. BETTER MOVEMENT.

- 36 Pec Minor Doorway Stretch
- 38 Lat Stretch (Bench/Bar)
- 40 Shoulder CARs (Standing)
- 41 Banded Shoulder Dislocates (Light)
- 42 Banded External Rotation
- 44 Scapular Wall Slides



SPINE & POSTURE

MOVE WELL. FEEL BETTER.

- 26 Cat-Cow
- 27 Thread the Needle
- 28 T-Spine Rotation
- 29 Thoracic Extension on Foam Roller
- 30 Open Book
- 31 Jefferson Curl



CORE & STABILITY

A STRONGER FOUNDATION.

- 33 Dead Bug
- 34 Side Plank
- 35 Bird Dog
- 44 Scapular Wall Slides
- 47 Prone Y-T-W Shoulder Series
- 49 Supported Single-Leg Balance Reach



NECK & UPPER BACK

LESS TENSION. MORE CONTROL.

- 45 Posterior Neck Stretch (Chin to Chest)
- 46 Levator Scapulae Stretch
- 47 Prone Y-T-W Shoulder Series
- 29 Thoracic Extension on Foam Roller
- 30 Open Book
- 40 Shoulder CARs (Standing)

“USE THIS LIBRARY TO SUPPORT
THE WAY YOU MOVE, NOT JUST
THE WAY YOU TRAIN.”

BETTER MOVEMENT.
A CALMER MIND.
A STRONGER YOU.



EXERCISE INDEX

EXERCISES 01 – 25

FOOT & ANKLE

- 01** | Toe Extension / Plantar Fascia Stretch
- 02** | Kneeling Toe Stretch
- 03** | Ankle Dorsiflexion — Knee to Wall
- 04** | Straight-Leg Calf Stretch
- 05** | Bent-Knee Calf / Soleus Stretch
- 06** | Tibialis Anterior Stretch
- 07** | Ankle Circles / Controlled Ankle Rotations
- 08** | Half-Kneeling Ankle Mobilisation

HAMSTRINGS & POSTERIOR CHAIN

- 09** | Standing Hamstring Stretch
- 10** | Supine Hamstring Stretch

HIPS, GLUTES & LOWER BODY I

- 11** | Adductor Rock-Back
- 12** | Butterfly Stretch
- 13** | Frog Stretch
- 14** | Cossack Squat Mobility
- 15** | Half-Kneeling Hip Flexor Stretch
- 16** | Standing Quad Stretch
- 17** | Half-Kneeling Quad Stretch
- 18** | Figure-4 Glute Stretch

HIPS, GLUTES & LOWER BODY II

- 19** | Pigeon Stretch
- 20** | 90/90 Hip Switch
- 21** | 90/90 Hip Hold
- 22** | Shin Box Get-Up
- 23** | Deep Squat Hold
- 24** | Lunge
- 25** | Child's Pose



EXERCISE INDEX

EXERCISES 26 – 50

SPINE & THORACIC MOBILITY

- 26** | Cat-Cow
- 27** | Thread the Needle
- 28** | T-Spine Rotation
- 29** | Thoracic Extension on Foam Roller
- 30** | Open Book
- 31** | Jefferson Curl
- 32** | Lumbar Decompression Hang

CORE & STABILITY

- 33** | Dead Bug
- 34** | Side Plank
- 35** | Bird Dog

CHEST, SHOULDERS & UPPER BODY

- 36** | Pec Minor Doorway Stretch
- 37** | Pec Major Doorway Stretch (90°)
- 38** | Lat Stretch (Bench/Bar)
- 39** | Cross-Body Shoulder Stretch
- 40** | Shoulder CARs (Standing)
- 41** | Banded Shoulder Dislocates (Light)
- 42** | Banded External Rotation (Elbow at Side)
- 43** | Banded Internal Rotation (Elbow at Side)
- 44** | Scapular Wall Slides

NECK, BALANCE & CONTROL

- 45** | Posterior Neck Stretch (Chin to Chest)
- 46** | Levator Scapulae Stretch
- 47** | Prone Y-T-W Shoulder Series
- 48** | Standing Knee Hug to Calf Raise
- 49** | Supported Single-Leg Balance Reach
- 50** | Heel-to-Toe Ankle Rock



01 TOE EXTENSION STRETCH

PLANTAR FASCIA MOBILITY

A simple yet effective stretch that improves toe mobility and plantar fascia flexibility, helping to reduce foot tightness and improve overall lower body function.



TARGET ANATOMY



PRIMARY STRUCTURES

- Plantar Fascia
- Flexor Hallucis Brevis
- Flexor Digitorum Brevis
- Intrinsic Foot Muscles



WHEN TO USE IT

Post-training, on rest days, or anytime your feet feel tight or stiff.



BENEFITS

Improves toe extension mobility and plantar fascia flexibility, reduces foot tightness, and supports better movement quality.



BEST FOR

Anyone looking to reduce foot tightness, improve ankle mobility, and enhance lower body performance.



HOLD GUIDE

Hold for 20–30 seconds per foot. Repeat 2–3 times.

SETUP



- Sit tall with one ankle crossed over the opposite knee.
- Keep your back straight and shoulders relaxed.
- Hold the heel of your foot with one hand.
- Place your other hand across your toes.
- Keep your foot relaxed and avoid pointing your toes.

EXECUTION

- 1 Start in the setup position with a tall chest and relaxed shoulders.
- 2 Gently pull your toes back towards your shin using your hand.
- 3 Stop when you feel a stretch along the bottom of your foot and through the arch.
- 4 Hold the stretch for the prescribed time, then release and reset.



WHAT YOU SHOULD FEEL



A stretch through the arch and base of the toes along the bottom of your foot. You may also feel a gentle stretch into the heel.

COMMON ERRORS



Pulling too aggressively, causing pain or strain.



Curling your toes instead of pulling them back.



Letting your ankle roll inwards or the foot twist.

COACH'S EYE



Keep your back straight and stay upright.



Stabilize your heel with one hand.



Pull your toes back gently and steadily.



Breathe deeply and relax into the stretch.



Focus on feeling the stretch under your foot, not in your toes.

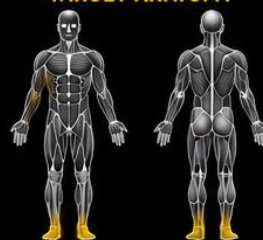
02 KNEELING TOE STRETCH

TOE & ANKLE MOBILITY

A simple yet effective stretch that improves toe mobility and ankle flexibility, helping to reduce foot tightness and improve lower body function.



TARGET ANATOMY



PRIMARY STRUCTURES

- Plantar Fascia
- Toe Flexors
- Intrinsic Foot Muscles
- Metatarsophalangeal Joints



WHEN TO USE IT

Pre-training, on rest days, or any time your feet feel tight or restricted.



BENEFITS

Improves toe mobility and ankle flexibility, reduces foot tightness, enhances balance and control, and supports better lower body performance.



BEST FOR

Anyone looking to improve toe and ankle mobility, running performance, squat depth, or reduce lower body tightness.



HOLD GUIDE

20–30 seconds per set. Repeat 2–3 times.

SETUP



- Kneel on the floor and tuck all toes underneath.
- Keep the balls of your feet on the floor with heels lifted.
- Knees hip-width apart.
- Sit tall with your torso upright.
- Place hands on your thighs for support.
- Gradually shift your hips back toward your heels.

EXECUTION

- 1 Start in the setup position with your toes tucked and torso tall.
- 2 Slowly move your hips back toward your heels, keeping your chest tall.
- 3 Keep sitting back until you feel a stretch under your toes and through the arch.
- 4 Hold for the prescribed time, then shift your hips forward to release and reset.



WHAT YOU SHOULD FEEL



A stretch through the underside of the toes and forefoot. Mild tension through the arch and plantar fascia. A firm stretch is normal, but sharp pain is not.

COMMON ERRORS



Forcing the stretch by sitting back too quickly or aggressively.



Letting your ankles roll outward, losing the stretch.



Rounding your back or holding your breath instead of staying tall and breathing.

COACH'S EYE



- ✓ Keep your toes tucked evenly with the balls of your feet grounded.
- ✓ Sit back gradually; don't force the stretch.
- ✓ Stay tall through your torso.
- ✓ Breathe slowly and relax your shoulders.
- ✓ Feel the stretch under your toes and through your arch.



03

ANKLE DORSIFLEXION KNEE TO WALL

ANKLE MOBILITY & CONTROL

A simple and effective drill that improves ankle dorsiflexion, enhances lower body movement quality, and helps reduce compensation in the knees, hips and lower back.



TARGET ANATOMY



PRIMARY STRUCTURES

- Soleus
- Gastrocnemius
- Achilles Tendon
- Talocrural (Ankle) Joint



WHEN TO USE IT

Before lower body training, before squats, lunges, running, or anytime your ankles feel tight.



BENEFITS

Improves ankle mobility and dorsiflexion, supports better squat depth and running mechanics, and reduces compensation patterns.



BEST FOR

Anyone looking to improve ankle mobility, squat depth, running form, balance, or overall lower body movement quality.



REP GUIDE

8–10 slow reps per side. Pause 1–2 seconds at end range. Repeat 2–3 rounds.

SETUP



- Start in a half-kneeling position facing a wall.
- Place your front foot a few inches from the wall.
- Keep your front foot flat and your heel down.
- Tuck your back toes under with knee on the floor.
- Sit tall with your chest up and core engaged.

EXECUTION

- 1 Line your front knee up over your middle toes.
- 2 Drive your knee forward toward the wall, keeping your heel on the floor.
- 3 Move as far as you can while maintaining foot contact and knee alignment.
- 4 Pause briefly at the end range, then shift your knee back to the start position with control.



WHAT YOU SHOULD FEEL



- A stretch through your lower calf and around the ankle.
- Gentle pressure through the front of the ankle.
- This should feel like a controlled stretch, not pinchy or painful.

COMMON ERRORS



- ✗ Letting your heel lift off the floor.
- ✗ Allowing your knee to collapse inward or your foot to roll in.
- ✗ Turning your foot out or leaning forward to cheat more range.

COACH'S EYE



- ✓ Keep your whole front foot planted and heel down.
- ✓ Drive your knee forward over the middle toes.
- ✓ Stay tall through your torso.
- ✓ Move slowly and control the end range.
- ✓ Use enough distance from the wall to challenge the ankle without compensating.

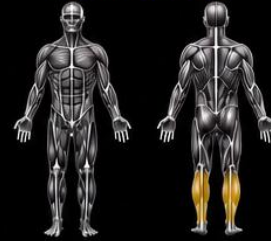
04 STRAIGHT- LEG CALF STRETCH

CALF MOBILITY & ANKLE FLEXIBILITY

A classic calf stretch that targets the gastrocnemius, improves ankle flexibility, and helps with walking, running, squatting, and lower-body movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Gastrocnemius
- Achilles Tendon
- Soleus
- Talocrural (Ankle) Joint



WHEN TO USE IT

Before lower-body training, running, on rest days, or anytime calves feel tight.



BENEFITS

Improves calf flexibility and ankle mobility, supports better squat depth, walking, running, and lower-body mechanics.



BEST FOR

Runners, lifters, field-sport athletes, and anyone with tight calves or limited ankle flexibility.



HOLD GUIDE

Hold for 20–30 seconds per side. Repeat 2–3 times.

SETUP



- Stand facing a wall.
- Step one foot forward and one foot back.
- Keep your back leg straight and your back heel flat.
- Point both feet straight ahead.
- Place both hands on the wall and keep your chest tall.

EXECUTION

- 1 Start in the staggered stance with your back leg straight.
- 2 Lean your body gently toward the wall while keeping your rear heel down.
- 3 Continue until you feel a stretch through the upper calf of the back leg.
- 4 Hold the stretch, then ease out and repeat on the other side.



WHAT YOU SHOULD FEEL



A stretch through the upper calf of the rear leg, possibly with mild tension into the Achilles. It should feel firm but not painful.

COMMON ERRORS



- ❌ Letting the back heel lift.
- ❌ Bending the back knee.
- ❌ Turning the back foot out or collapsing the arch.

COACH'S EYE



- ✓ Keep your back leg completely straight.
- ✓ Press your rear heel firmly into the floor.
- ✓ Point your toes straight ahead.
- ✓ Move forward gently, don't bounce.
- ✓ Feel the stretch in the upper calf, not in the knee.

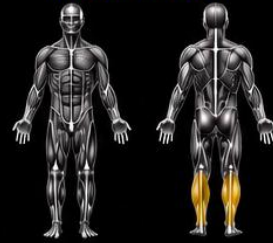
05 BENT- KNEE CALF STRETCH

SOLEUS FLEXIBILITY & ANKLE MOBILITY

A classic bent-knee calf stretch that targets the soleus and lower calf, improves ankle mobility, and supports walking, squatting, running, and lower-body movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Soleus (Lower Calf)
- Achilles Tendon
- Calf Complex
- Talocrural (Ankle) Joint



WHEN TO USE IT

Before lower-body training, running, on rest days, or anytime the calves or ankles feel tight.



BENEFITS

Improves soleus flexibility, ankle mobility, and lower-body movement quality; supports squat depth, walking, and running mechanics.



BEST FOR

Runners, lifters, field-sport athletes, and anyone with tight calves or limited ankle mobility.



HOLD GUIDE

Hold for 20–30 seconds per side. Repeat 2–3 times.

SETUP



- Stand facing a wall.
- Step one foot forward and one foot back.
- Bend both knees slightly.
- Keep the back heel flat.
- Point both feet straight ahead.
- Place both hands on the wall and keep the torso tall.

EXECUTION

- 1 Start in a staggered stance with both knees softly bent.
- 2 Gently drive the back knee forward while leaning slightly into the wall and keeping the rear heel down.
- 3 Continue until a stretch is felt low in the calf and around the Achilles of the back leg.
- 4 Hold briefly, then ease out and repeat on the other side.



WHAT YOU SHOULD FEEL



A stretch through the lower calf of the rear leg and around the Achilles. It should feel firm but not painful.

COMMON ERRORS



- ✗ Letting the back heel lift.
- ✗ Straightening the back knee too much and losing the soleus bias.
- ✗ Turning the back foot out or collapsing the arch.

COACH'S EYE



- ✓ Keep the back heel planted.
- ✓ Keep the back knee bent.
- ✓ Point the toes straight ahead.
- ✓ Move forward gently and don't bounce.
- ✓ Feel the stretch in the lower calf and Achilles, not in the knee.



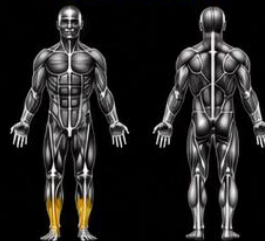
06 TIBIALIS ANTERIOR STRETCH

SHIN FLEXIBILITY & ANKLE MOBILITY

A kneeling shin stretch that targets the tibialis anterior and supports front-ankle mobility, reduces stiffness, and improves lower-leg movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Tibialis Anterior
- Extensor Digitorum Longus
- Extensor Hallucis Longus
- Anterior Ankle Structures



WHEN TO USE IT

Before lower-body training, after long periods on your feet, or anytime your shins or ankles feel tight.



BENEFITS

Improves flexibility through the front of the shin and ankle, reduces stiffness, and supports smoother ankle motion and lower-body movement quality.



BEST FOR

Runners, lifters, field-sport athletes, and anyone with tight shins, stiff ankles, or limited front-ankle mobility.



HOLD GUIDE

Hold for 20–30 seconds. Repeat 2–3 times.

SETUP



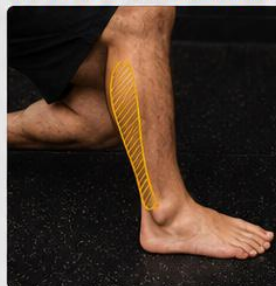
- Kneel on a mat or soft surface.
- Point your toes straight back with the tops of your feet flat on the floor.
- Keep your knees hip-width apart.
- Sit your hips back toward your heels.
- Stay tall through your torso and relax your shoulders.

EXECUTION

- 1 Start in the setup position with your toes pointed back and the tops of your feet flat.
- 2 Gently sit your hips farther back toward your heels while keeping the front of your ankles relaxed.
- 3 Continue until you feel a stretch through the front of your shins and ankles.
- 4 Hold briefly, then ease out and repeat as needed.



WHAT YOU SHOULD FEEL



A stretch through the front of the ankles and along the shin. It should feel firm but not painful, with no pinching in the knees.

COMMON ERRORS



Toes tucking under instead of staying pointed back.



Feet rolling outward or inward.



Sitting back too aggressively or forcing the stretch.

COACH'S EYE



- ✓ Keep the tops of your feet flat on the floor.
- ✓ Point your toes straight back.
- ✓ Sit back gently; don't force the stretch.
- ✓ Stay tall through your torso.
- ✓ Feel the stretch in the front of the shin and ankle, not in the knee.



07 ANKLE CIRCLES

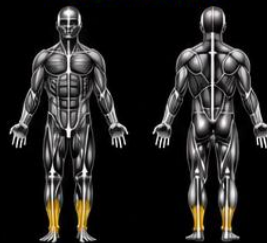
CONTROLLED ANKLE ROTATIONS

ANKLE MOBILITY & JOINT CONTROL

A simple ankle-control drill that improves mobility, coordination, and joint control while helping reduce stiffness and support better walking, running, squatting, and lower-body movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Talocrural (Ankle) Joint
- Tibialis Anterior
- Tibialis Posterior
- Peroneals
- Calf Stabilizers



WHEN TO USE IT

Before lower-body training, after long periods sitting, during warm-ups, or anytime the ankles feel stiff.



BENEFITS

Improves ankle mobility, joint control, coordination, smoother foot/ankle movement, and better lower-body movement quality.



BEST FOR

Runners, lifters, field-sport athletes, and anyone with stiff ankles or limited ankle control.



REP GUIDE

6–8 slow circles each direction per side. Move slowly with control. Repeat 2–3 rounds.

SETUP



- Sit tall on the floor or a bench.
- Lift one foot slightly off the ground.
- Keep your knee and lower leg still.
- Relax your toes and ankle.
- Use support behind you if needed.

EXECUTION

- 1 Start with the foot in a neutral position.
- 2 Slowly point the toes and move the foot through the first half of the circle.
- 3 Continue drawing a smooth circle through full comfortable range.
- 4 Complete the circle, then repeat in both directions.

Keep your shin still and move only at the ankle.



WHAT YOU SHOULD FEEL



You may feel gentle muscular effort around the ankle, sides of the lower shin, and foot. It should feel smooth and controlled, not pinchy or painful.

COMMON ERRORS



- ✗ Moving the whole leg instead of the ankle.
- ✗ Rushing or making tiny uncontrolled circles.
- ✗ Curling the toes hard or forcing painful range.

COACH'S EYE

- ✓ Keep your lower leg still.
- ✓ Draw slow, smooth circles.
- ✓ Use full comfortable range.
- ✓ Rotate both clockwise and counterclockwise.
- ✓ Feel controlled movement around the ankle, not pain.



08

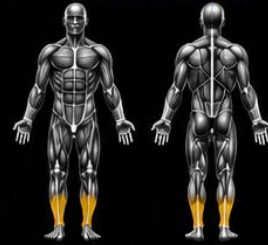
HALF-KNEELING ANKLE MOBILISATION

ANKLE MOBILITY & DORSIFLEXION CONTROL

A controlled ankle mobility drill that improves dorsiflexion, helps reduce stiffness through the ankle and lower calf, and supports better squat depth, lunging mechanics, walking, and running.

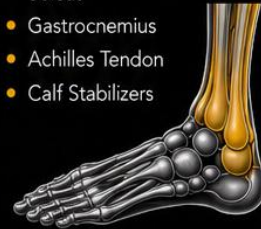


TARGET ANATOMY



PRIMARY STRUCTURES

- Talocrural (Ankle) Joint
- Soleus
- Gastrocnemius
- Achilles Tendon
- Calf Stabilizers



WHEN TO USE IT

Before lower-body training, before squats or lunges, during movement prep, or anytime your ankles feel stiff or restricted.



BENEFITS

Improves ankle dorsiflexion, supports smoother lower-body movement, reduces stiffness, and helps improve squat, lunge, and gait mechanics.



BEST FOR

Lifters, runners, field-sport athletes, and anyone with limited ankle mobility or stiff lower calves.



REP GUIDE

8–10 slow reps per side. Pause 1–2 seconds at end range. Repeat 2–3 rounds.

SETUP



- Start in a half-kneeling position.
- Place your front foot flat on the floor.
- Keep your back knee down behind you.
- Stay tall through your torso.
- Rest your hands lightly on your front knee or shin.

EXECUTION

- 1 Start with your front foot flat and your torso upright.
- 2 Slowly drive your front knee forward over your toes.
- 3 Move into your end range while keeping the heel down and foot stable.
- 4 Pause briefly, then return to the start and repeat.



WHAT YOU SHOULD FEEL



- A controlled stretch or pressure around the ankle and lower calf.
- You may feel the front of the ankle working as the knee moves forward.
- The movement should feel smooth and controlled, not pinchy or painful.

COMMON ERRORS



- ✗ Letting the front heel lift.
- ✗ Knee collapsing inward or foot rolling in.
- ✗ Rushing the movement or leaning too far forward.

COACH'S EYE



- ✓ Keep your whole front foot planted.
- ✓ Drive the knee forward over the middle toes.
- ✓ Stay tall through your torso.
- ✓ Move slowly and control the end range.
- ✓ Stop before you lose foot position.



09

STANDING HAMSTRING STRETCH

HAMSTRING FLEXIBILITY & POSTERIOR CHAIN

A simple and effective stretch that targets the hamstrings, calves and lower back, helping to improve flexibility, reduce tightness and support better movement.

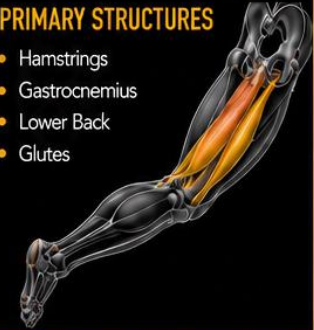


TARGET ANATOMY



PRIMARY STRUCTURES

- Hamstrings
- Gastrocnemius
- Lower Back
- Glutes



WHEN TO USE IT

After training, running, or anytime your posterior chain feels tight or you want to improve flexibility.



BENEFITS

Improves hamstring flexibility, reduces lower back tightness, supports better posture and movement efficiency.



BEST FOR

Anyone looking to improve flexibility, reduce muscle tightness, and support posterior chain health.



HOLD GUIDE

20–30 seconds per side.
Repeat 2–3 times.
Breathe slowly.

SETUP



- Stand tall in a staggered stance.
- Front heel on the ground, toes pointing up.
- Rear knee softly bent.
- Hips square and level.
- Chest open, back long and neutral.
- Hands can rest on your hips or reach toward your foot.

EXECUTION

- 1 Hinge at your hips and push them back.
- 2 Keep your back long and chest open.
- 3 Reach your hands toward your front foot, shin or the floor as far as your hinge allows.
- 4 You should feel a stretch along the back of your front thigh (hamstring).
- 5 Hold the stretch and breathe deeply.



WHAT YOU SHOULD FEEL



- A stretch along the back of your front thigh (hamstring).
- A mild stretch in your calf and lower back is normal.
- It should feel comfortable, not painful.

COMMON ERRORS



- ✗ Rounding your back instead of hinging at your hips.
- ✗ Bending the front knee too much.
- ✗ Forcing the reach instead of staying within your range.

COACH'S EYE



- ✓ Hinge at your hips, keep your back long and neutral.
- ✓ Front leg mostly straight, heel down, toes up.
- ✓ Don't round your back—chest stays open.
- ✓ Reach only as far as your flexibility allows.
- ✓ Hold steady, no bouncing.
- ✓ Breathe deeply and relax into the stretch.

10 SUPINE HAMSTRING STRETCH

HAMSTRING FLEXIBILITY & POSTERIOR CHAIN

A simple and effective stretch that targets the hamstrings, calves and lower back, helping to improve flexibility, reduce tightness and support better movement.

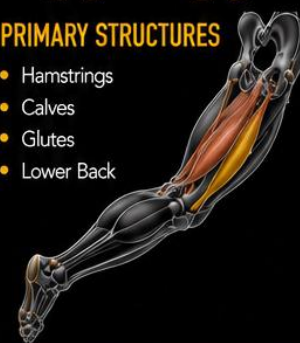


TARGET ANATOMY



PRIMARY STRUCTURES

- Hamstrings
- Calves
- Glutes
- Lower Back



WHEN TO USE IT

After training, running, or anytime your hamstrings feel tight or you want to improve flexibility.



BENEFITS

Improves hamstring flexibility, reduces muscle tightness, supports lower back health and enhances movement quality.



BEST FOR

Anyone looking to improve flexibility, reduce muscle tightness, and support better posture and movement.



HOLD GUIDE

20–30 seconds per side. Repeat 2–3 times. Breathe slowly.

SETUP



- Lie on your back with both legs extended.
- Loop a strap, towel or band around the middle of one foot.
- Keep the other leg long and relaxed on the floor.
- Keep your back flat and shoulders relaxed.

EXECUTION

- 1 Gently pull the strap to raise your leg toward the ceiling.
- 2 Keep your knee slightly soft (not locked out).
- 3 Pull until you feel a comfortable stretch in the back of your thigh.
- 4 Hold the stretch and breathe deeply.



WHAT YOU SHOULD FEEL



- A stretch along the back of your thigh (hamstrings).
- No pain in the lower back, just a controlled stretch.
- A slight stretch in your calf may also be felt.

COMMON ERRORS



- ✗ Rounding your back or lifting your hips off the floor.
- ✗ Locking the knee and overstretching.
- ✗ Using jerky movements or bouncing.

COACH'S EYE



- ✓ Keep your lower back flat on the floor.
- ✓ Keep the knee slightly bent, not locked.
- ✓ Pull the leg up only as far as comfortable.
- ✓ Use a strap to maintain good form.
- ✓ Breathe deeply and relax into the stretch.
- ✓ Stop before you feel pain—stretch, not strain.

11

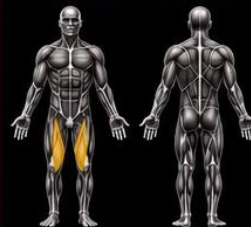
ADDUCTOR ROCK-BACK

ADDUCTOR MOBILITY & HIP CONTROL

A simple and effective mobility drill that improves inner-thigh mobility, opens the hips, and supports squatting, lateral movement, and lower-body movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Adductors
- Groin Muscles
- Hamstrings (Secondary)
- Hip Joint



WHEN TO USE IT

Before lower-body training, before squats or lateral movement, during movement prep, or anytime your groin and hips feel tight or restricted.



BENEFITS

Improves adductor mobility, hip range of motion, squat depth, lateral movement, and overall lower-body movement quality.



BEST FOR

Lifters, runners, field-sport athletes, and anyone with tight inner thighs, groin stiffness, or limited hip mobility.



REP GUIDE

8–10 slow reps per side.
Pause 1–2 seconds at end range.
Repeat 2–3 rounds.

SETUP



- Start on all fours.
- Extend one leg straight out to the side.
- Keep the foot flat and the knee straight on the extended leg.
- Place both hands under your shoulders.
- Keep your spine long and your torso braced.

EXECUTION

- 1 Start in the setup position with your hips centered.
- 2 Slowly push your hips back toward your heel while keeping your spine long.
- 3 Rock back until you feel a stretch through the inner thigh of the straight leg.
- 4 Pause briefly, then return to the start with control and repeat.



WHAT YOU SHOULD FEEL



- A stretch through the inner thigh and groin of the straight leg.
- Possibly a mild stretch through the hamstring.
- It should feel smooth and controlled, not pinchy in the hip or knee.

COMMON ERRORS



- ✗ Rounding the back instead of keeping a long spine.
- ✗ Turning the straight leg or foot too far outward.
- ✗ Forcing the range or shifting excessively to one side.

COACH'S EYE



- ✓ Keep the straight leg long and the foot flat.
- ✓ Push your hips back, not just down.
- ✓ Keep your spine long and neutral.
- ✓ Feel the stretch in your inner thigh, not your knee.
- ✓ Move slowly and control the range.



12 BUTTERFLY STRETCH

HIP MOBILITY & GROIN FLEXIBILITY

A seated stretch that targets the inner thighs and groin, improves hip mobility, supports better squat depth and lunge mechanics, and promotes overall lower-body flexibility.



TARGET ANATOMY



PRIMARY STRUCTURES

- Adductors (Inner Thighs)
- Hip Joint
- Gluteals
- Lower Back (Stabilisation)



WHEN TO USE IT

During warm-ups, cooldowns, lower-body sessions, or anytime your hips or groin feel tight or restricted.



BENEFITS

Improves hip mobility and adductor flexibility, supports better squat depth and lunge mechanics, reduces groin tightness, and enhances lower-body movement quality.



BEST FOR

Anyone looking to improve hip openness, inner thigh flexibility, squat depth, or lower-body movement quality and performance.



HOLD GUIDE

Hold for 20–30 seconds in each position. Repeat 2–3 times. Breathe slowly.

SETUP



- Sit on the floor with the soles of your feet together.
- Let your knees fall out to the sides.
- Keep your back straight and chest up.
- Hold your feet or ankles with your hands.
- Engage your core and relax your shoulders.

EXECUTION

- 1 Sit tall and bring the soles of your feet together.
- 2 Gently hold your feet or ankles.
- 3 Use your elbows to gently press your knees toward the floor.
- 4 Lean forward from your hips while keeping your back straight.
- 5 Hold the stretch at the end range and breathe deeply.



WHAT YOU SHOULD FEEL



- A stretch in your inner thighs (adductors) and groin.
- Mild tension in your hips and lower back is normal.
- It should feel like a deep, comfortable stretch, not painful.

COMMON ERRORS



- Rounding your back or slouching forward.
- Bouncing your knees or using momentum.
- Forcing your knees down instead of relaxing into the stretch.

COACH'S EYE



- ✓ Keep your back straight and chest up.
- ✓ Sit tall through your torso.
- ✓ Press knees down gently with your elbows.
- ✓ Lean forward from your hips, not your lower back.
- ✓ Breathe deeply and relax into the stretch.
- ✓ Move within your comfort range—no pain.

13 FROG STRETCH

HIP MOBILITY & GROIN FLEXIBILITY

A deep hip-opening stretch that targets the inner thighs and groin, improves hip mobility, supports better squat depth and lunge mechanics, and promotes overall lower-body flexibility.



TARGET ANATOMY



PRIMARY STRUCTURES

- Adductors (Inner Thighs)
- Hip Joint
- Gluteals
- Lower Back (Stabilisation)



WHEN TO USE IT

During warm-ups, cool-downs, lower-body sessions, or anytime your hips or groin feel tight or restricted.



BENEFITS

Improves hip mobility and adductor flexibility, supports better squat depth and lunge mechanics, reduces groin tightness, and enhances lower-body movement quality.



BEST FOR

Anyone looking to improve hip openness, inner thigh flexibility, squat depth, or lunge performance, and anyone with tight hips or groin.



HOLD GUIDE

Hold for 20–30 seconds in each position. Repeat 2–3 times. Breathe slowly.

SETUP



- Start on your hands and knees.
- Widen your knees as far as comfortable.
- Turn your feet out slightly.
- Lower your hips back and down between your knees.
- Come down onto your forearms or hands.
- Keep your back neutral and relax your core.

EXECUTION

- 1 Lower your hips down between your knees.
- 2 Walk your hands or forearms forward as you lower your chest toward the floor.
- 3 Keep your knees wide and feet turned out.
- 4 Hold the stretch at the end range and breathe deeply.
- 5 Push through your hands to return to the start position.



WHAT YOU SHOULD FEEL



- A stretch deep in your inner thighs (adductors) and groin.
- Mild tension in your hips and gluteal region is normal.
- It should feel like a deep, comfortable stretch, not painful.

COMMON ERRORS



Not opening your knees wide enough.



Lifting your hips too high.



Rounding your back or collapsing through your chest.

COACH'S EYE



- ✓ Open your knees as wide as comfortable.
- ✓ Turn your feet out slightly.
- ✓ Lower your hips down between your knees.
- ✓ Reach forward gradually; don't force the stretch.
- ✓ Keep your back neutral and chest relaxed.
- ✓ Breathe deeply and relax into the stretch.

14 COSSACK SQUAT MOBILITY

HIP MOBILITY & ADDUCTOR FLEXIBILITY

A lateral squat variation that improves hip mobility, adductor flexibility, and ankle dorsiflexion, supporting better squat depth, lunge performance, and overall lower-body function.



TARGET ANATOMY



PRIMARY STRUCTURES

- Adductors (Inner Thighs)
- Hip Joint
- Gluteals
- Quadriceps
- Hamstrings (Length)
- Ankles (Dorsiflexion)



WHEN TO USE IT

During warm-ups, lower-body sessions, or anytime your hips or groin feel tight or restricted.



BENEFITS

Improves hip mobility and adductor flexibility, supports squat depth and lateral movement mechanics, and enhances lower-body movement quality.



BEST FOR

Anyone looking to improve hip mobility, inner thigh flexibility, squat depth, lateral stability, or athletic performance.



HOLD GUIDE

Hold for 20–30 seconds each side.
Repeat 2–3 times.
Breathe slowly.

SETUP



- Stand with your feet wider than shoulder-width apart.
- Turn one foot out slightly and keep the other foot straight.
- Shift your weight toward the bent leg, sitting your hips back.
- Keep your chest up and back straight.
- Keep the toes of your straight leg pointed up.

EXECUTION

- 1 Sit back into the bent leg as low as you can while keeping your heel down.
- 2 Keep your other leg straight with toes pointed up.
- 3 Hold the bottom position and feel a stretch in your inner thigh.
- 4 Push through your bent heel to return to the start.
- 5 Repeat on the opposite side.



WHAT YOU SHOULD FEEL



- A deep stretch in your inner thigh (adductors) of the extended leg.
- Mild tension in your hips and groin.
- Engagement in your glute and quad of the bent leg.
- A comfortable stretch, not pain.

COMMON ERRORS



- Heel lifting off the floor on the bent leg.
- Rounding your back or collapsing through your chest.
- Letting the straight leg bend or foot turn inward.

COACH'S EYE



- ✓ Sit back and down—keep your back straight.
- ✓ Keep your chest up and core engaged.
- ✓ Push your hips backward, not forward.
- ✓ Keep your heel down and toes of the straight leg up.
- ✓ Move within your range and improve over time.
- ✓ Breathe deeply and relax into the stretch.

15 HALF- KNEELING HIP FLEXOR STRETCH

HIP FLEXOR MOBILITY & PELVIC CONTROL

A fundamental hip flexor stretch that improves hip extension, reduces tightness in the hip flexors, and supports better lunge mechanics and lower-body movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Hip Flexors (Iliopsoas, Rectus Femoris)
- Hip Joint
- Quadriceps
- Gluteals
- Lower Back (Stabilisation)



WHEN TO USE IT

During warm-ups, lower-body sessions, after sitting for long periods, or anytime your hips feel tight.



BENEFITS

Improves hip extension mobility, reduces hip flexor tightness, supports better posture, improves lunge and squat mechanics, and enhances overall movement quality.



BEST FOR

Runners, lifters, athletes, and anyone with tight hip flexors, lower back discomfort from sitting, or limited hip extension mobility.



REP GUIDE

Hold for 20–30 seconds per side.
Repeat 2–3 times.
Breathe slowly.

SETUP



- Start in a half-kneeling position.
- Place one foot flat on the floor in front of you.
- Keep your back knee down and your toes relaxed.
- Tuck your pelvis slightly (posterior tilt).
- Engage your core and sit tall with your chest up.
- Place your hands on your front thigh or hips for support.

EXECUTION

- 1 Gently shift your pelvis forward while keeping your torso upright.
- 2 Squeeze your glute of the back leg to increase the stretch.
- 3 Keep your core engaged and avoid arching your lower back.
- 4 Hold at the end range where you feel a stretch in the front of your hip and upper thigh.
- 5 Hold the stretch and breathe deeply.
- 6 Push through your front foot to return to the start position.



WHAT YOU SHOULD FEEL



- A stretch in the front of your hip (hip flexors) and upper thigh.
- Mild tension in your quadriceps may also be felt.
- Your lower back should remain neutral, not arched.
- A deep, comfortable stretch, not pain.

COMMON ERRORS



- ❌ Overarching your lower back.
- ❌ Leaning your torso forward.
- ❌ Not squeezing your back glute, reducing the stretch.

COACH'S EYE



- ✓ Keep your torso tall and core engaged.
- ✓ Tuck your pelvis slightly to protect your lower back.
- ✓ Squeeze your back glute to intensify the stretch.
- ✓ Gently shift your pelvis forward, not your chest.
- ✓ Keep your front knee over your ankle.
- ✓ Hold steady and breathe deeply.



16 STANDING QUAD STRETCH

QUADRICEPS MOBILITY & HIP FLEXIBILITY

A classic standing stretch that targets the quadriceps and hip flexors, improves knee mobility, balances muscle tightness, and supports better lower-body performance and posture.



TARGET ANATOMY



PRIMARY STRUCTURES

- Quadriceps (Rectus Femoris)
- Hip Flexors
- Hip Joint
- Knee Joint



WHEN TO USE IT

During warm-ups, cooldowns, lower-body sessions, or anytime your quads or hip flexors feel tight or restricted.



BENEFITS

Improves quadriceps and hip flexor flexibility, supports knee and hip mobility, promotes better posture, and helps maintain muscular balance in the lower body.



BEST FOR

Anyone looking to improve quadriceps flexibility, hip mobility, posture, or lower-body performance and recovery.



HOLD GUIDE

Hold for 20–30 seconds per side. Repeat 2–3 times. Breathe slowly.

SETUP



- Stand tall and hold onto a wall or stable surface for balance.
- Bring one heel up toward your glutes.
- Keep your knees close together.
- Engage your core and glutes to stay upright.

EXECUTION

- 1 Bend one knee and grasp your ankle or foot.
- 2 Gently pull your heel toward your glutes.
- 3 Keep your knees close together and hips pushed slightly forward.
- 4 Keep your torso upright and core engaged.
- 5 Hold the stretch at the end range and breathe deeply.



WHAT YOU SHOULD FEEL



- A stretch along the front of your thigh (quadriceps).
- Mild tension in your hip flexor.
- No pain in your knee or lower back.

COMMON ERRORS



- ✗ Letting your knee drift forward.
- ✗ Arching your lower back or leaning forward.
- ✗ Pulling your heel too far or forcing the stretch.

COACH'S EYE



- ✓ Keep your torso upright and core engaged.
- ✓ Hips slightly forward—avoid leaning back.
- ✓ Keep your knees close together.
- ✓ Pull your heel in gently—don't force the stretch.
- ✓ Engage your glutes on the standing leg.
- ✓ Move within your comfort range—no pain.

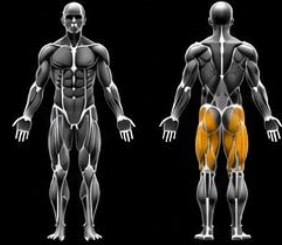
17 HALF- KNEELING QUAD STRETCH

QUADRICEPS MOBILITY & HIP FLEXIBILITY

A targeted stretch that focuses on the quadriceps (rectus femoris), improves knee and hip mobility, helps balance muscle tightness, and supports better movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Quadriceps (Rectus Femoris)
- Hip Flexors
- Hip Joint
- Knee Joint



WHEN TO USE IT

During warm-ups, cooldowns, lower-body sessions, or anytime your quads or hip flexors feel tight or restricted.



BENEFITS

Improves quadriceps flexibility, enhances knee and hip mobility, helps correct muscle imbalances, supports better posture, and reduces risk of strain or injury.



BEST FOR

Anyone looking to improve quad flexibility, hip mobility, posture, or lower-body movement quality and performance.



HOLD GUIDE

Hold for 20–30 seconds per side.
Repeat 2–3 times.
Breathe slowly.

SETUP



- Kneel on one knee with the other foot flat in front of you.
- Bring the foot of your back leg toward your glutes.
- Keep your torso upright and core engaged.
- Tuck your pelvis slightly underneath.
- Engage your glutes and keep your chest up.

EXECUTION

- 1 Gently grab your back foot or ankle.
- 2 Pull your heel toward your glute.
- 3 Keep your hips tucked and push them slightly forward.
- 4 Squeeze your glute on the kneeling side.
- 5 Hold the stretch at the end range and breathe deeply.



WHAT YOU SHOULD FEEL



- A stretch along the front of your thigh (quadriceps).
- Mild tension in your hip flexor may be normal.
- No pain in your knee or lower back.
- It should feel like a deep, comfortable stretch, not painful.

COMMON ERRORS



Leaning back or overarched your lower back.



Not tucking your pelvis or letting your hips tilt forward.



Letting your front knee flare out to the side.

COACH'S EYE



- ✓ Keep your torso upright and core engaged.
- ✓ Tuck your pelvis slightly under and drive your hips forward.
- ✓ Pull your heel toward your glute, don't just your ankle.
- ✓ Keep your front knee aligned over your ankle.
- ✓ Squeeze your glute on the kneeling leg.
- ✓ Breathe deeply and relax into the stretch.
- ✓ Move within your comfort range—no pain.

18

FIGURE-4 GLUTE STRETCH

GLUTE & HIP MOBILITY

A seated stretch that targets the glutes and external hip rotators, improves hip mobility, reduces tension in the lower back and hips, and supports better movement quality and posture.

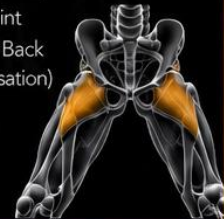


TARGET ANATOMY



PRIMARY STRUCTURES

- Gluteus Maximus
- Gluteus Medius
- External Hip Rotators
- Hip Joint
- Lower Back (Stabilisation)



WHEN TO USE IT

During warm-ups, cooldowns, lower-body sessions, or anytime your hips or glutes feel tight or restricted.



BENEFITS

Improves hip mobility, reduces glute and lower back tension, enhances squat and lunge mechanics, and supports better movement quality and posture.



BEST FOR

Anyone looking to improve hip mobility, reduce glute tightness, relieve lower back tension, or enhance lower-body movement and performance.



HOLD GUIDE

Hold for 20–30 seconds per side. Repeat 2–3 times. Breathe slowly.

SETUP



- Sit on the floor with one leg extended and the other knee bent.
- Place the ankle of the bent leg across the opposite knee.
- Keep your back straight and chest up.
- Place your hands on the floor behind you for support.
- Engage your core and find a comfortable position.

EXECUTION

- 1 Sit tall with your leg extended and the other ankle resting on your opposite knee.
- 2 Gently lean forward from your hips, keeping your back straight.
- 3 Keep your chest up and shoulders relaxed.
- 4 Hold the stretch at the end range, feeling the stretch in your glute and outer hip.
- 5 Breathe deeply and maintain the position for the recommended time.



WHAT YOU SHOULD FEEL



- A stretch in your glute and outer hip.
- Mild tension in your lower back may be normal.
- It should feel like a deep, comfortable stretch, not painful.

COMMON ERRORS



Rounding your back or slouching forward.



Falling on your knee instead of hinging from your hips.



Letting your shoulders tense up.

COACH'S EYE

- ✓ Keep your back straight and chest up.
- ✓ Hinge from your hips, not your lower back.
- ✓ Keep the bent knee relaxed.
- ✓ Breathe deeply and relax into the stretch.
- ✓ Keep your other leg extended on the floor.
- ✓ Move within your comfort range—no pain.



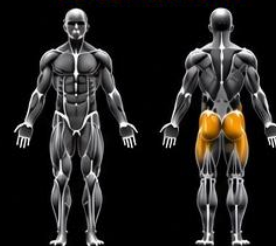
19 PIGEON STRETCH

GLUTE & HIP MOBILITY

A deep hip-opening stretch that targets the glutes and external hip rotators, improves hip mobility, reduces lower back tension, and supports better movement quality and posture.



TARGET ANATOMY



PRIMARY STRUCTURES

- Gluteus Maximus
- Gluteus Medius
- External Hip Rotators (Piriformis)
- Hip Joint
- Lower Back (Stabilisation)



WHEN TO USE IT

During warm-ups, cooldowns, lower-body sessions, or anytime your hips or glutes feel tight or restricted.



BENEFITS

Improves hip mobility, reduces glute and lower back tension, enhances squat and lunge mechanics, and supports better movement quality and posture.



BEST FOR

Anyone looking to improve hip mobility, reduce lower-body tightness, relieve sitting-related stiffness, or enhance lower-body movement and performance.



HOLD GUIDE

Hold for 30–60 seconds per side. Repeat 2–3 times. Breathe slowly and deeply.

SETUP



- Start on all fours (hands and knees).
- Bring one knee forward and place it behind your wrist.
- Angle your front shin across your body (approximately 45 degrees).
- Extend your back leg straight behind you.
- Keep your hips as square as possible.
- Place your hands on the floor for support.
- Keep your torso upright to start.

EXECUTION

- 1 From the setup position, keep your hips square and your chest up.
- 2 Gently settle into the stretch, keeping your front knee and shin in a comfortable position.
- 3 Hinge forward from your hips, walking your hands forward.
- 4 Lower your torso further, keeping a long spine and relaxed shoulders (no rounding).
- 5 Hold at the end range, breathe deeply and maintain the position for the recommended time.



WHAT YOU SHOULD FEEL



- A deep stretch in your glute and outer hip.
- You may feel a mild stretch through the outer hip of the front leg.
- No pinching in your knee or hip.
- It should feel like a deep, comfortable stretch, not painful.
- Keep breathing and allow your body to relax into the position.

COMMON ERRORS



Hips not square (front leg angled too far out/in).



Rounding your lower back or collapsing your chest.



Letting your front knee flare out too far.

COACH'S EYE

- ✓ Keep your hips as square as possible.
- ✓ Maintain a long, neutral spine (hinge from the hips).
- ✓ Relax your shoulders and breathe deeply.
- ✓ Keep your back leg extended and relaxed.
- ✓ Use support (hands or forearms) if needed.
- ✓ Move within your comfort range—no pain.



20 90/90 HIP SWITCH

HIP MOBILITY & ROTATION

A dynamic mobility drill that improves hip internal and external rotation, increases range of motion, and helps reduce stiffness in the hips and lower back. A great movement to improve overall lower-body mobility and control.



TARGET ANATOMY



PRIMARY STRUCTURES

- Gluteus Maximus
- Gluteus Medius
- Deep Hip Rotators
- Hip Joint
- Adductors
- Lower Back (Stabilisation)



WHEN TO USE IT

During warm-ups, cooldowns, lower-body sessions, or anytime you want to improve hip mobility, reduce stiffness, or enhance movement quality.



BENEFITS

Improves hip internal and external rotation, increases mobility and range of motion, reduces lower back tension, enhances movement quality, and supports better performance in squats, lunges and daily activities.



BEST FOR

Anyone looking to improve hip mobility, reduce stiffness, enhance lower-body movement, or address tight hips from sitting, training, or repetitive activities. Suitable for all fitness levels.



REP GUIDE

8–10 controlled reps per side. Move slowly and with control. Pause briefly in each position. Repeat for 2–3 sets.

SETUP



- Sit on the floor with both knees bent at approximately 90 degrees.
- One leg is in front of you, shin roughly parallel to your body.
- The other leg is behind you at 90 degrees.
- Sit tall with your torso upright.
- Keep your hands on the floor for support.
- Keep both sit bones as grounded as your mobility allows.

EXECUTION

- 1 Start in the 90/90 position on one side, torso upright and hands on the floor.
- 2 Keeping your torso tall, lift both knees slightly off the floor (if possible) and rotate through your hips, switching your legs to the opposite 90/90 position.
- 3 Move slowly and with control, keeping your feet as close to the floor as possible as you transition through the middle.
- 4 Continue rotating your hips to drive the switch toward the opposite side.
- 5 Settle into the opposite 90/90 position, control the movement, and pause briefly before switching back.



WHAT YOU SHOULD FEEL



- A stretch in the hips, glutes, and deep hip rotators.
- Gentle tension in the inner thighs (adductors).
- Muscular effort around the hips as you rotate.
- It should feel controlled and comfortable, not painful.
- Keep breathing steadily throughout the movement.

COMMON ERRORS



- Leaning forward or rounding your back.
- Using your hands to lift your legs.
- Rushing the movement.
- Not achieving 90 degrees in each position.
- Letting your knees collapse in or flare out too much.

COACH'S EYE

- ✓ Keep your torso tall and core engaged.
- ✓ Use your hips to drive the movement, not your hands.
- ✓ Move slowly and with control.
- ✓ Aim for 90 degrees in each position.
- ✓ Keep your knees in line with your feet (no collapsing).
- ✓ Pause briefly in each position.
- ✓ Focus on smooth, controlled transitions.
- ✓ Move within your comfort range—no pain.



21 90/90 HIP HOLD

HIP MOBILITY & ROTATION CONTROL

A static hip mobility position that builds comfort, control, and tolerance in internal and external hip rotation. The 90/90 hip hold helps improve hip mobility, reduce stiffness, and support better lower-body movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Gluteus Maximus
- Gluteus Medius
- Deep Hip Rotators
- Hip Joint
- Adductors
- Lower Back (Stabilisation)



WHEN TO USE IT

During warm-ups, cool-downs, lower-body sessions, or anytime you want to improve hip mobility, reduce stiffness, or enhance movement quality.



BENEFITS

Improves hip internal and external rotation, builds positional control, reduces lower-back tension, enhances movement quality, and supports better squat, lunge, and daily movement mechanics.



BEST FOR

Anyone looking to improve hip mobility, build control in end-range positions, reduce stiffness from sitting or training, and move more comfortably through the hips.



HOLD GUIDE

Hold for 20–30 seconds per side. Repeat 2–3 rounds. Breathe slowly and steadily.

SETUP



- Sit on the floor with your front leg bent at roughly 90 degrees.
- Place your back leg behind you, also bent at roughly 90 degrees.
- Sit tall with your chest up and spine neutral.
- Keep both sit bones grounded as much as your mobility allows.
- Use your hands for light support if needed.

EXECUTION

- 1 Set up in a stable 90/90 position.
- 2 Lengthen through your spine and square your torso over the hips.
- 3 Relax into the position while keeping both knees supported by the floor.
- 4 Breathe deeply and allow the hips to open without forcing the range.
- 5 Hold the position, then switch sides and repeat.



WHAT YOU SHOULD FEEL



- A stretch in the outer hip and glute of the front leg.
- Mild tension through the hip rotators and inner hip of the rear leg.
- Gentle muscular effort to stay upright.
- The position should feel controlled and comfortable, not painful.

COMMON ERRORS



- ✗ Rounding or slouching through your back.
- ✗ Collapsing too far onto one side.
- ✗ Forcing the knees or hips beyond your available range.

COACH'S EYE



- ✓ Sit tall and keep your spine neutral.
- ✓ Keep both knees relaxed and supported.
- ✓ Let the stretch come from the hips, not the knees.
- ✓ Use your hands only as much as needed for balance.
- ✓ Breathe deeply and stay relaxed in the hold.
- ✓ Work within your comfort range—no pain.

22 SHIN BOX GET-UP

HIP ROTATION & CONTROL

A controlled hip mobility drill that builds internal and external rotation, improves hip control, and develops strength through end ranges. It helps connect mobility with movement quality, transitions, and lower-body stability.



TARGET ANATOMY



PRIMARY STRUCTURES

- Gluteus Maximus
- Gluteus Medius
- Deep Hip Rotators
- Hip Joint
- Adductors
- Core / Lower Back (Stabilisation)



WHEN TO USE IT

During warm-ups, lower-body sessions, movement prep, or anytime you want to improve hip rotation, transitions, and control.



BENEFITS

Improves hip internal and external rotation, builds end-range control, supports squat and lunge mechanics, and enhances overall lower-body movement quality.



BEST FOR

Anyone looking to improve hip mobility, movement control, rotational strength, or lower-body function. Useful for lifters, runners, field-sport athletes, and general fitness.



REP GUIDE

6–8 slow reps per side. Move with control. Pause briefly in each position. Repeat for 2–3 sets.

SETUP



- Sit on the floor in a 90/90 shin-box position.
- Keep one leg in front and the other behind you.
- Sit tall with your torso upright.
- Keep both sit bones grounded at the start.
- Place your hands beside you only if needed for balance.

EXECUTION

- 1 Start tall in the shin-box position with your chest up.
- 2 Brace your core and drive through your front leg and back shin.
- 3 Lift your hips off the floor as you rotate through the hips.
- 4 Rise into a tall shin-box get-up position without collapsing through your torso.
- 5 Lower back with control and repeat or transition to the other side.



WHAT YOU SHOULD FEEL



- A strong effort around the hips and glutes.
- Controlled tension through the outer hips and deep hip rotators.
- Mild work through the core to stay upright.
- The movement should feel controlled and challenging, not painful.

COMMON ERRORS



Collapsing through the chest or leaning too far forward.



Forcing the movement instead of rotating with control.



Letting the knees or feet drift out of position.

COACH'S EYE

- ✓ Sit tall and keep your chest proud.
- ✓ Rotate through your hips, not just your shoulders.
- ✓ Drive through the legs to lift with control.
- ✓ Keep the movement smooth—don't rush it.
- ✓ Stay within the range you can own.
- ✓ Breathe steadily and move with control.





23 DEEP SQUAT HOLD

HIP MOBILITY & SQUAT POSITION

A foundational squat mobility hold that improves ankle dorsiflexion, hip mobility, and adductor flexibility, helping you sit into a deep, stable squat with better posture, balance, and control.



TARGET ANATOMY



PRIMARY STRUCTURES

- Adductors (Inner Thighs)
- Hip Joint
- Gluteals
- Quadriceps
- Ankles (Dorsiflexion)



WHEN TO USE IT

During warm-ups, lower-body sessions, or anytime your hips or ankles feel tight or restricted.



BENEFITS

Improves ankle and hip mobility, supports better squat depth, posture, and lower-body movement quality.



BEST FOR

Anyone looking to improve squat depth, hip mobility, ankle mobility, or lower-body movement quality.



HOLD GUIDE

Hold for 20–30 seconds each time. Repeat 2–3 times. Breathe slowly.

SETUP



- Stand with your feet slightly wider than shoulder-width apart.
- Turn your toes slightly outward.
- Brace your core and keep your chest up.
- Sit your hips down between your heels.
- Keep your heels flat on the floor.

EXECUTION

- 1 Start standing in your squat stance.
- 2 Sit your hips down and bend your knees, keeping your heels flat.
- 3 Let your knees track over your toes as you reach the bottom position.
- 4 Use your elbows gently inside your knees while keeping your chest tall.
- 5 Hold the position, breathe deeply, then stand back up with control.



WHAT YOU SHOULD FEEL



- A stretch through your hips, groin, and ankles.
- Mild work through your glutes and quads.
- Pressure evenly through your whole foot.
- It should feel controlled and comfortable, not painful.

COMMON ERRORS



- ❌ Heels lifting off the floor.
- ❌ Rounding your back or collapsing your chest.
- ❌ Knees caving inward.

COACH'S EYE

- ✓ Keep your whole foot rooted.
- ✓ Sit between your heels, not onto your toes.
- ✓ Keep your chest tall and spine neutral.
- ✓ Let your knees track over your toes.
- ✓ Use your elbows gently—don't force the position.
- ✓ Breathe deeply and relax into the hold.





24 LUNGE

HIP MOBILITY & LOWER-BODY CONTROL

A foundational lower-body movement that improves hip mobility, unilateral stability, leg control, and overall lower-body function. It supports better walking, running, squatting, and movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Quadriceps (Rectus Femoris)
- Gluteus Maximus
- Gluteus Medius
- Hamstrings
- Hip Flexors
- Adductors
- Hip Joint
- Knee Joint



WHEN TO USE IT

During warm-ups, lower-body sessions, movement prep, or anytime you want to improve hip mobility, balance, and single-leg control.



BENEFITS

Improves hip mobility, leg control, balance, unilateral stability, and lower-body movement quality.



BEST FOR

Anyone looking to improve single-leg strength, hip mobility, coordination, athletic movement, and general lower-body function.



REP GUIDE

6–10 controlled reps per side. Move slowly and with control. Pause briefly at the bottom. Repeat for 2–3 sets.

SETUP



- Stand tall with feet hip-width apart.
- Keep your torso upright and core engaged.
- Step one foot forward into a split stance.
- Keep your front foot flat and back heel lifted.
- Start with your hips square and balanced.

EXECUTION

- 1 Step forward and lower under control.
- 2 Bend both knees until you reach a comfortable depth.
- 3 Keep your front knee tracking over your foot.
- 4 Maintain an upright torso and square hips.
- 5 Drive through your front heel to return to the start.



WHAT YOU SHOULD FEEL



- Effort in your front glute and quadriceps.
- Light stretch through the hip flexor of the back leg.
- Core engagement to stay stable and upright.
- A smooth, controlled movement — not knee pain.

COMMON ERRORS



Front knee collapsing inward.



Leaning too far forward or losing posture.



Taking too short a step and crowding the movement.

COACH'S EYE



- ✓ Keep your torso tall and core engaged.
- ✓ Let the front knee track in line with the toes.
- ✓ Lower with control — don't crash into the bottom.
- ✓ Push through the front heel to come back.
- ✓ Keep your hips square and balanced.
- ✓ Move within your comfortable range.

25 CHILD'S POSE

SPINE, HIP & LAT MOBILITY

A gentle mobility and recovery stretch that helps open the lats, shoulders, hips, and lower back while encouraging relaxed breathing and spinal decompression.



TARGET ANATOMY



PRIMARY STRUCTURES

- Latissimus Dorsi (Lats)
- Thoracic Spine
- Lower Back (Spinal Erectors)
- Hips (Glutes)
- Shoulders (Deltoids)



WHEN TO USE IT

During warm-ups, cool-downs, recovery work, mobility sessions, or anytime the back, hips, or shoulders feel tight.



BENEFITS

Improves mobility through the spine, shoulders, lats, and hips, helps reduce stiffness, and supports better breathing and relaxation.



BEST FOR

Anyone looking to improve mobility, reduce tension, or recover after training.



HOLD GUIDE

Hold for 20–40 seconds. Repeat 2–3 times. Breathe slowly.

SETUP



- Kneel on the floor.
- Bring your big toes together (knees together or slightly apart).
- Sit your hips back toward your heels.
- Reach your arms forward on the floor.
- Relax your neck and let your forehead rest on the floor (or a block if needed).

EXECUTION

- 1 Walk your hands forward, reaching long through your arms.
- 2 Lower your chest and forehead to the floor.
- 3 Keep your hips sinking back toward your heels.
- 4 Breathe into your ribs and back, feeling the stretch.
- 5 Hold at a comfortable end range, then slowly return to the start position.



WHAT YOU SHOULD FEEL



- A gentle stretch through your lats, shoulders, mid-back, lower back, and hips.
- A feeling of spinal length and release.
- Relaxed, deeper breathing.
- No pinching or sharp pain.
- A calm, comfortable stretch.

COMMON ERRORS



- ✗ Forcing the range or pushing into discomfort.
- ✗ Shrugging your shoulders toward your ears.
- ✗ Holding tension in your neck.
- ✗ Hips lifted too high.
- ✗ Bouncing or moving too quickly.

COACH'S EYE

- ✓ Reach long through your hands and arms.
- ✓ Keep your hips heavy, sinking back toward your heels.
- ✓ Relax your ribs and shoulders.
- ✓ Breathe slowly and deeply.
- ✓ Let your forehead rest and release tension.
- ✓ Stay within a comfortable range.
- ✓ Use a block or cushion if needed.

26 CAT- COW

SPINAL MOBILITY & CONTROL

A gentle spinal mobility drill that moves the spine through flexion and extension, helping improve segmental control, reduce stiffness, and support better posture, breathing, and movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Thoracic Spine
- Lumbar Spine
- Spinal Erectors
- Abdominals / Core
- Shoulders (Secondary)
- Hips / Pelvis



WHEN TO USE IT

During warm-ups, cool-downs, mobility sessions, after long periods of sitting, or anytime your back feels stiff and needs gentle movement.



BENEFITS

Improves spinal mobility, segmental control, posture, and breathing mechanics, reduces stiffness, and supports better full-body movement quality.



BEST FOR

Anyone looking to improve spinal mobility, reduce back stiffness, improve posture, or add gentle movement before or after training.



REP GUIDE

6–10 slow controlled reps. Move with your breath. Pause briefly at each end range. Repeat for 1–3 rounds.

SETUP



- Start on all fours.
- Place your hands under your shoulders.
- Keep your knees under your hips.
- Start with a neutral spine and relaxed neck.
- Brace your core lightly and spread your fingers into the floor.

EXECUTION

- 1 Start in a stable tabletop position.
- 2 Exhale and round through your upper and mid-back, gently tucking your pelvis and chin (cat).
- 3 Return smoothly through neutral.
- 4 Inhale and open through your chest, gently lifting your tailbone while keeping the movement controlled (cow).
- 5 Continue slowly, moving with your breath.



WHAT YOU SHOULD FEEL



- Gentle movement through your spine from upper back to lower back.
- Light abdominal effort in the rounded position.
- A gentle opening through the chest and front of the body in the extended position.
- The movement should feel smooth and comfortable, not pinchy or painful.

COMMON ERRORS



- ❌ Dumping into your lower back.
- ❌ Shrugging or collapsing through your shoulders.
- ❌ Rushing the movement or forcing your neck.

COACH'S EYE

- ✓ Move through your spine, not just your neck.
- ✓ Keep your hands rooted and elbows straight but soft.
- ✓ Let your breath guide the movement.
- ✓ Gently tuck and untuck the pelvis.
- ✓ Stay smooth and controlled — don't force the range.
- ✓ Work within a comfortable, pain-free range.

27 THREAD THE NEEDLE

T-SPINE ROTATION & SHOULDER MOBILITY

A thoracic mobility drill that improves upper-back rotation, opens the shoulders and chest, and helps reduce stiffness through the thoracic spine. It supports better posture, smoother overhead movement, and better upper-body mobility.



TARGET ANATOMY



PRIMARY STRUCTURES

- Thoracic Spine
- Posterior Shoulder
- Rhomboids / Mid-Back
- Latissimus Dorsi
- Chest (Secondary)
- Core / Trunk Stabilisation



WHEN TO USE IT

During warm-ups, upper-body sessions, mobility work, or anytime your upper back and shoulders feel stiff or restricted.



BENEFITS

Improves thoracic rotation, opens the upper back and shoulders, supports better posture and overhead mechanics, and helps reduce upper-body stiffness.



BEST FOR

Lifters, athletes, desk workers, or anyone wanting better thoracic mobility, shoulder movement, and rotational control.



REP GUIDE

6–8 controlled reps per side. Pause briefly at end range. Move slowly and with control. Repeat for 2–3 sets.

SETUP



- Start on all fours.
- Place your hands under your shoulders and knees under your hips.
- Keep your spine neutral and your core lightly braced.
- Sit evenly through your hips.
- Begin with one arm reaching long in front of you.

EXECUTION

- 1 Start on all fours and reach one arm toward the ceiling, rotating through your upper back.
- 2 Sweep that arm down and under your body.
- 3 Slide your shoulder and arm across the floor, keeping your hips as steady as possible.
- 4 Lower the side of your head and shoulder toward the floor and pause at end range.
- 5 Return with control and repeat before switching sides.



WHAT YOU SHOULD FEEL



- A stretch through your upper back and rear shoulder.
- Mild tension through your lats and chest may also be felt.
- Gentle rotational effort through your thoracic spine.
- The movement should feel smooth and controlled, not painful.

COMMON ERRORS



Letting your hips twist too much.



Shrugging into your shoulder or forcing the range.



Rounding or collapsing through your lower back.

COACH'S EYE

- ✓ Rotate through your upper back, not your lower back.
- ✓ Keep your hips stable and your core lightly engaged.
- ✓ Reach long through the moving arm.
- ✓ Let your shoulder and head lower naturally — don't jam the position.
- ✓ Breathe steadily and move with control.
- ✓ Stay within a comfortable range — no pain.

28

T-SPINE ROTATION

THORACIC MOBILITY & ROTATION

A controlled thoracic mobility drill that improves upper-back rotation, opens the chest, and helps reduce stiffness through the mid-back. Using a bench for support allows smoother positioning, better control, and more effective rotational movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Thoracic Spine
- Posterior Shoulder
- Rhomboids / Mid-Back
- Obliques / Rib Cage
- Scapular Muscles
- Core / Trunk Stabilisation



WHEN TO USE IT

During warm-ups, upper-body sessions, mobility work, or anytime your upper back and chest feel stiff or restricted.



BENEFITS

Improves thoracic rotation, opens the chest, reduces upper-back stiffness, supports posture, and enhances shoulder function and breathing mechanics.



BEST FOR

Lifters, desk workers, athletes, and anyone looking to improve thoracic mobility, rotational control, posture, or upper-body movement quality.



REP GUIDE

6–8 controlled reps per side.
Pause briefly at end range. Move slowly and with control. Repeat for 2–3 sets.

SETUP



- Start in a supported kneeling position beside a bench.
- Place your inside hand or forearm on the bench for support.
- Put your outside hand lightly behind your head.
- Keep your hips stable and your spine long.
- Brace your core and keep your chest proud.

EXECUTION

- 1 Set your base and keep the support arm stable.
- 2 Rotate your chest open and guide your elbow toward the ceiling.
- 3 Keep your hips quiet and move through your upper back.
- 4 Pause briefly at end range, then return with control.
- 5 Repeat smoothly before switching sides.



WHAT YOU SHOULD FEEL



- A stretch through your chest and upper back.
- Gentle rotation through your thoracic spine and rib cage.
- Mild muscular effort through your trunk to stay stable.
- The movement should feel smooth and controlled, not painful.

COMMON ERRORS



Twisting through your low back instead of your upper back.



Letting the hips shift or rotate too much.



Forcing the range or shrugging the shoulder.

COACH'S EYE

- ✓ Rotate through your upper back, not your lumbar spine.
- ✓ Keep your support arm rooted and shoulders controlled.
- ✓ Let the chest open as the elbow travels up.
- ✓ Keep the hips stable and the core lightly engaged.
- ✓ Move slowly and stay in control.
- ✓ Work within a comfortable, pain-free range.

29

THORACIC EXTENSION ON FOAM ROLLER

T-SPINE MOBILITY & POSTURE

A simple thoracic mobility drill that improves upper-back extension, opens the chest, reduces stiffness from sitting yor training, and supports better posture, breathing mechanics, and overhead movement quality.

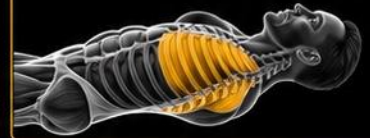


TARGET ANATOMY



PRIMARY STRUCTURES

- Thoracic Spine
- Upper Back (Thoracic Extensors)
- Rib Cage
- Lats (Secondary)
- Shoulders / Scapular Stabilizers



WHEN TO USE IT

Before upper-body or full-body training, during mobility work, after long periods of sitting, or anytime your upper back feels stiff or restricted.



BENEFITS

Improves thoracic extension, posture, shoulder mechanics, breathing position, and overall upper-body movement quality.



BEST FOR

Anyone looking to reduce upper-back stiffness, improve overhead mobility, bench or squat setup, posture, or recovery from desk-based positions.



REP GUIDE

6–10 slow reps. Pause 2–3 seconds at each extension point. Move through 3–5 upper-back segments. Repeat 1–2 rounds.

SETUP



- Sit on the floor with knees bent and feet flat.
- Place a foam roller across your upper back, just below the shoulder blades.
- Support your head with your hands.
- Keep your glutes on the floor and your core lightly braced.
- Start with your ribs down and neck relaxed.

EXECUTION

- 1 Position the roller under your upper back and support your head.
- 2 Gently extend over the roller, opening through your chest.
- 3 Keep your glutes grounded and avoid arching from your lower back.
- 4 Return to neutral, then shift the roller slightly to another upper-back segment.
- 5 Repeat slowly through several thoracic positions.



WHAT YOU SHOULD FEEL



- A gentle opening through your upper back and chest.
- Mild muscular effort through your core.
- Improved extension through the mid-back, not the lower back.
- No sharp pain or neck strain.

COMMON ERRORS



- ✗ Rolling too low into your lower back.
- ✗ Pulling on your neck with your hands.
- ✗ Flaring your ribs or forcing the range.

COACH'S EYE

- ✓ Move from your thoracic spine, not your lumbar spine.
- ✓ Keep your glutes on the floor and core lightly braced.
- ✓ Support your head—don't yank on your neck.
- ✓ Exhale as you extend over the roller.
- ✓ Explore 3–5 upper-back segments slowly.
- ✓ Stay in a comfortable range—no pain.

30 OPEN BOOK

THORACIC MOBILITY & CHEST OPENING

A side-lying thoracic rotation drill that improves upper-back mobility, opens the chest, and helps reduce stiffness from sitting, lifting, and daily posture. It supports better shoulder movement, rotational control, and breathing mechanics.



TARGET ANATOMY



PRIMARY STRUCTURES

- Thoracic Spine
- Pectorals (Chest)
- Posterior Shoulder
- Upper Back / Scapular Muscles
- Obliques / Rib Cage



WHEN TO USE IT

During warm-ups, upper-body sessions, mobility work, or after long periods sitting when your chest or upper back feel stiff.



BENEFITS

Improves thoracic rotation, opens the chest, reduces upper-back stiffness, supports posture, and helps shoulder function and breathing mechanics.



BEST FOR

Desk workers, lifters, runners, and anyone looking to improve upper-back mobility, rotation, posture, or shoulder comfort.



REP GUIDE

6–8 slow reps per side. Pause 1–2 seconds in the open position. Move with your breath. Repeat 2–3 rounds.

SETUP



- Lie on your side with hips and knees bent to roughly 90 degrees.
- Stack your knees and hips.
- Reach both arms straight out in front at shoulder height.
- Rest your head comfortably.
- Keep your lower body still.

EXECUTION

- 1 Start in the side-lying setup position with your knees stacked and arms extended forward.
- 2 Inhale and lift your top arm, tracing a slow arc toward the ceiling.
- 3 Continue opening through your chest and upper back while keeping your knees stacked.
- 4 Reach the arm toward the floor behind you only as far as comfortable.
- 5 Exhale and return to the start position with control, then repeat.



WHAT YOU SHOULD FEEL



- A stretch through your chest and front shoulder.
- Gentle rotation through your upper back and rib cage.
- Mild effort through the mid-back and trunk.
- The movement should feel smooth and comfortable, not painful.

COMMON ERRORS



- ✗ Letting your knees separate or hips roll back.
- ✗ Forcing the top shoulder to the floor.
- ✗ Twisting through your low back instead of your upper back.

COACH'S EYE

- ✓ Keep your knees stacked and quiet.
- ✓ Rotate through your chest and ribs, not your low back.
- ✓ Exhale as you open and breathe steadily.
- ✓ Let your shoulder relax—don't force the range.
- ✓ Move slowly and stay in control.
- ✓ Work within your comfortable range.

31

JEFFERSON CURL

SPINAL MOBILITY & SEGMENTAL CONTROL

A controlled spinal flexion drill that moves through each vertebra, improving spinal mobility, segmental control, and body awareness. It helps reduce stiffness, enhances posture, and supports better movement quality in training and daily life.



TARGET ANATOMY



PRIMARY STRUCTURES

- Spinal Erectors (through range)
- Thoracic & Lumbar Spine
- Abdominals / Core
- Hamstrings
- Glutes
- Shoulders (Stability)



WHEN TO USE IT

During warm-ups, mobility sessions, or as part of a recovery routine. Useful after periods of sitting, heavy training, or anytime your spine feels stiff or restricted.



BENEFITS

Improves spinal mobility, segmental control, posture, and body awareness. Helps reduce stiffness, enhances movement quality, and supports a stronger, more resilient spine.



BEST FOR

Anyone looking to improve spinal mobility, posture, and movement control. Great for lifters, athletes, desk workers, or as part of a general mobility routine.



REP GUIDE

6–10 slow, controlled reps. Take 3–5 seconds on the way down and 3–5 seconds on the way up. Rest and repeat for 1–3 sets.

SETUP



- Stand with feet hip-width apart.
- Hold a light weight (plate or dumbbell) in front of your thighs.
- Keep a slight bend in your knees.
- Brace your core and keep your shoulders relaxed.
- Start tall with a neutral spine and soft gaze forward.

EXECUTION

- 1 Inhale, then slowly tuck your chin and begin to roll down through your spine, one vertebra at a time.
- 2 Allow the weight to travel down close to your legs as you hinge through your spine.
- 3 Go as far as is comfortable, feeling a stretch through your hamstrings and lower back.
- 4 Pause at the bottom for a moment, keeping your body relaxed.
- 5 Slowly reverse the movement, rolling back up one vertebra at a time to the start position.



WHAT YOU SHOULD FEEL



- A stretch through your entire spine, especially the lower back and hamstrings.
- Gentle activation of your core as you control the movement.
- Improved spinal mobility and body awareness.
- A smooth, controlled movement through each segment.
- It should feel challenging but comfortable — not painful.

COMMON ERRORS



Bending from the hips instead of rolling through the spine.



Rushing the movement or using too much weight.



Locking your knees or losing control at the bottom.

COACH'S EYE



Move slowly and with control.



Think "one vertebra at a time".



Keep the weight close to your legs.



Maintain a soft bend in the knees.



Let your head and neck relax — chin tucks naturally.

Breathe steadily throughout.

Use a light load and focus on quality of movement.

32 LUMBAR DECOMPRESSION HANG

SPINAL DECOMPRESSION & SHOULDER MOBILITY

A gentle hanging drill that uses gravity to create a lengthening sensation through the spine, open the lats and shoulders, and reduce tension through the lower back. It supports better overhead mobility, breathing mechanics, and relief from prolonged sitting or lifting.



TARGET ANATOMY



PRIMARY STRUCTURES

- Lumbar Spine
- Thoracic Spine
- Latissimus Dorsi
- Shoulders / Scapular Muscles
- Grip / Forearms
- Core (Stabilisation)



WHEN TO USE IT

During warm-ups, cool-downs, after long periods of sitting, after lifting, or anytime your back, lats, or shoulders feel stiff or compressed.



BENEFITS

May help create a gentle decompression sensation through the spine, open the lats and shoulders, improve overhead mobility and posture, and reduce lower-back tension.



BEST FOR

Anyone looking to improve spinal decompression, shoulder mobility, hanging tolerance, or upper-body recovery. Useful for lifters, desk workers, climbers, and general fitness.



HOLD GUIDE

Hold for 15–30 seconds each hang. Repeat 2–4 rounds. Breathe slowly. Use light foot assistance if needed.

SETUP



- Stand under a pull-up bar or stable overhead support.
- Reach up and grip the bar around shoulder-width apart.
- Let your body hang long and keep your ribs stacked.
- Relax your shoulders and keep your neck long.
- Bend your knees or keep light foot contact if needed.

EXECUTION

- 1 Take a secure overhand grip on the bar.
- 2 Gently unload your bodyweight and relax into the hang.
- 3 Let your shoulders elevate naturally while keeping your torso long.
- 4 Breathe deeply and allow your spine and lats to lengthen.
- 5 Step down with control, rest, and repeat.



WHAT YOU SHOULD FEEL

- A gentle lengthening or decompression sensation through your lower and mid-back.
- A stretch through your lats, shoulders, and side body.
- Gentle effort through your hands and grip.
- Relief and opening through your torso, not sharp pain.
- Comfortable traction, not shoulder pinching.

COMMON ERRORS



- ❌ Holding excessive tension through your neck and shoulders.
- ❌ Letting your ribs flare or low back overarch.
- ❌ Hanging through pain or losing control of the grip.

COACH'S EYE

- ✓ Relax into the hang — don't force it.
- ✓ Keep your grip secure and shoulders controlled.
- ✓ Let the chest open through the lats and spine.
- ✓ Use a box, band, or foot assist if full bodyweight is too much.
- ✓ Breathe slowly and keep your ribs stacked.
- ✓ Stay within a comfortable, pain-free range.

33 DEAD BUG

CORE CONTROL & LUMBO-PELVIC STABILITY

A controlled core stability drill that builds trunk control, contralateral coordination, and lower-back support. The dead bug helps teach rib and pelvic control, improves core stability, and supports better movement quality in training and daily life.



TARGET ANATOMY



PRIMARY STRUCTURES

- Rectus Abdominis
- Transverse Abdominis
- Obliques
- Hip Flexors
- Lumbo-Pelvic Complex
- Core / Trunk Stabilisation



WHEN TO USE IT

During warm-ups, core prep, movement prep, or anytime you want to improve trunk stability, coordination, and lower-back control.



BENEFITS

Improves core stability, anti-extension control, breathing mechanics, lower-back support, and overall movement quality.



BEST FOR

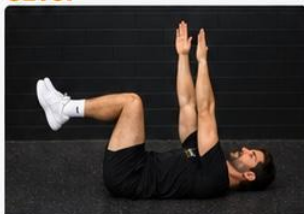
Lifters, runners, athletes, and anyone looking to improve core strength, coordination, posture, and back-friendly movement.



REP GUIDE

5-8 controlled reps per side. Exhale as you reach. Keep your lower back lightly pressed into the floor. Repeat for 2-3 sets.

SETUP



- Lie on your back.
- Bring your hips and knees to 90 degrees.
- Reach both arms straight above your shoulders.
- Keep your ribs down and lower back gently pressed into the floor.
- Brace your core lightly and keep your neck relaxed.

EXECUTION

- 1 Start in the dead bug position with your arms up and knees over hips.
- 2 Exhale and slowly extend one leg while reaching the opposite arm overhead.
- 3 Keep your lower back gently pressed into the floor and your ribs down.
- 4 Pause briefly at the end range, then return to the start with control.
- 5 Repeat on the other side, moving slowly and evenly.



WHAT YOU SHOULD FEEL



- Deep abdominal tension through your core.
- Mild effort through the hip flexors.
- A stable lower back and pelvis.
- Controlled breathing and smooth coordination.
- The movement should feel controlled, not painful.

COMMON ERRORS



- ❌ Arching your lower back or flaring your ribs.
- ❌ Moving too fast and losing control.
- ❌ Holding tension in your neck or shrugging your shoulders.

COACH'S EYE

- ✓ Keep your ribs down and pelvis neutral.
- ✓ Exhale as you reach and inhale as you return.
- ✓ Only reach as far as you can without losing back position.
- ✓ Keep your neck relaxed and shoulders soft.
- ✓ Move slowly and own each rep.
- ✓ Stay within a comfortable, pain-free range.

34 SIDE PLANK

CORE STABILITY & LATERAL CONTROL

A simple but highly effective isometric drill that builds lateral core strength, improves hip control, enhances shoulder stability, and develops overall trunk control. The side plank helps you move better, perform stronger, and stay more stable in everyday movement and training.



TARGET ANATOMY



PRIMARY STRUCTURES

- Obliques
- Gluteus Medius
- Gluteus Maximus
- Shoulders / Rotator Cuff
- Core / Trunk Stabilisation
- Hip Abductors



WHEN TO USE IT

During warm-ups, core sessions, movement prep, or anytime you want to improve lateral core strength, shoulder stability, and trunk control.



BENEFITS

Improves lateral core stability, hip control, shoulder stability, posture, and overall trunk strength.



BEST FOR

Anyone looking to improve core strength, side-to-side stability, athletic control, posture, or lower-body and trunk support.



HOLD GUIDE

Hold for 20–30 seconds per side. Repeat 2–3 sets. Breathe steadily.

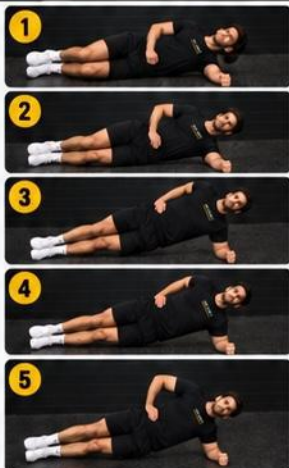
SETUP



- Lie on your side with your elbow under your shoulder.
- Stack your legs, or stagger your feet for balance.
- Keep your torso long and your core braced.
- Place your top hand on your hip or reach it upward.
- Prepare to lift your hips away from the floor.

EXECUTION

- 1 Set your elbow directly under your shoulder.
- 2 Brace your core and squeeze your glutes.
- 3 Lift your hips until your body forms a straight line.
- 4 Keep your neck neutral and avoid twisting your torso.
- 5 Hold with control, then lower smoothly and repeat on the other side.



WHAT YOU SHOULD FEEL



- Strong muscular effort through your obliques and side core.
- Tension through your glutes and outer hip.
- Stable support through your shoulder and trunk.
- The hold should feel challenging and controlled, not painful.

COMMON ERRORS



- ❌ Letting the hips sag.
- ❌ Shrugging or collapsing into the shoulder.
- ❌ Twisting the chest or rolling backward.

COACH'S EYE

- ✓ Keep your elbow directly under your shoulder.
- ✓ Drive your hips up and stay long through the body.
- ✓ Brace your core and squeeze your glutes.
- ✓ Keep your neck neutral and your ribs stacked.
- ✓ Don't let the shoulder collapse.
- ✓ Work within a comfortable, pain-free range.

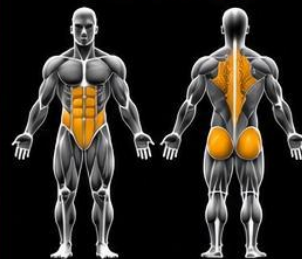
35 BIRD DOG

CORE CONTROL & SPINAL STABILITY

A controlled stability drill that builds core control, improves spinal stability, coordinates upper and lower body movement, and supports better posture, balance, and movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Core / Abdominals
- Lower Back (Spinal Stabilizers)
- Glutes (Gluteus Maximus)
- Shoulders (Stabilizers)
- Hips (Stability)



WHEN TO USE IT

During warm-ups, cool-downs, core work, posture training, or anytime you want to improve spinal stability, core control, and movement coordination.



BENEFITS

Improves core strength, spinal stability, balance, coordination, and posture, while teaching better control between the upper and lower body.



BEST FOR

Anyone looking to improve core stability, reduce lower back discomfort, enhance movement control, or build a stronger mind-muscle connection.



REP GUIDE

6–10 controlled reps per side. Pause for 1–2 seconds at full extension. Move slowly and with control. Repeat for 2–3 sets.

SETUP



- Start on all fours with hands under your shoulders and knees under your hips.
- Keep your spine in a neutral position.
- Engage your core and keep your head in line with your spine.
- Spread your fingers and press into the floor.
- Keep your hips level and stable.

EXECUTION

- 1 From the starting position, brace your core.
- 2 Extend one arm forward and the opposite leg back at the same time.
- 3 Keep your hips level and spine neutral.
- 4 Pause at full extension for 1–2 seconds.
- 5 Return with control to the starting position.
- 6 Repeat on the other side.



WHAT YOU SHOULD FEEL



- Core engagement throughout the movement.
- Stability through your hips and lower back.
- A gentle stretch through the shoulder and glute.
- Controlled movement and balance.
- The movement should feel smooth and challenging, not painful.

COMMON ERRORS



- ❌ Letting the hips twist or drop to one side.
- ❌ Overarching your lower back.
- ❌ Rushing the movement or losing control.

COACH'S EYE

- ✓ Keep your spine neutral and your core engaged.
- ✓ Move slowly — control over speed.
- ✓ Keep your hips square to the floor.
- ✓ Reach long through the fingertips and heel.
- ✓ Maintain a stable torso — avoid rocking side to side.
- ✓ Breathe steadily throughout the movement.
- ✓ Focus on quality reps, not just range.

36

PEC MINOR DOORWAY STRETCH

CHEST & SHOULDER MOBILITY

A focused doorway stretch that targets the pec minor and front of the shoulder, helping to improve chest opening, shoulder positioning, and upper-body mobility. It can reduce tightness from lifting, desk work, and rounded posture, while supporting better pressing mechanics and posture.



TARGET ANATOMY



PRIMARY STRUCTURES

- Pectoralis Minor
- Anterior Deltoid (Front Shoulder)
- Upper Chest (Secondary)
- Scapular Positioning (Stability Support)
- Thoracic Spine (Posture Support)



WHEN TO USE IT

During warm-ups, upper-body sessions, after long periods of sitting, or anytime your chest and front shoulders feel tight or restricted.



BENEFITS

Improves pec minor mobility, opens the chest, reduces front-shoulder tightness, supports better scapular positioning and posture, and can help enhance pressing mechanics and upper-body movement quality.



BEST FOR

Anyone looking to improve posture, shoulder mobility, chest openness, and upper-body function. Especially useful for lifters, desk workers, and athletes with rounded shoulders.



HOLD GUIDE

Hold for 20–30 seconds per side. Repeat 2–3 times. Breathe slowly and stay relaxed.

SETUP



- Stand beside a doorway or sturdy frame.
- Place your forearm on the frame above shoulder height, with the elbow slightly bent.
- Step the same-side foot slightly forward.
- Keep your ribs stacked and torso tall.
- Set your shoulder gently down and back.

EXECUTION

- 1 From the setup position, keep your forearm on the frame with the elbow above shoulder height.
- 2 Gently rotate your torso and step through until you feel a stretch across the upper chest and front of the shoulder.
- 3 Keep your shoulder relaxed and down (don't shrug).
- 4 Breathe steadily and hold for the desired time without forcing the range.
- 5 Ease out and repeat before switching sides.



WHAT YOU SHOULD FEEL



- A stretch through the upper chest and front of the shoulder.
- Mild tension in the pec minor region (deep, under the pec major).
- A feeling of the shoulder opening and the chest expanding.
- No sharp pain or pinching in the shoulder.
- The stretch should feel controlled and comfortable, not forced.

COMMON ERRORS



Placing the arm too low (pec major stretch instead).



Shrugging the shoulder up toward the ear.



Overarching the lower back or flaring the ribs.

COACH'S EYE

- ✓ Place your forearm high, above shoulder height.
- ✓ Keep your ribs stacked and core lightly braced.
- ✓ Keep the shoulder relaxed — don't shrug.
- ✓ Feel the stretch through the upper chest and front shoulder.
- ✓ Use a gentle step-through — not a forced twist.
- ✓ Breathe slowly and stay within a pain-free range.
- ✓ Maintain good posture without arching the lower back.

37

PEC MAJOR DOORWAY STRETCH

CHEST MOBILITY & ANTERIOR SHOULDER OPENING

A doorway chest stretch that targets the pec major, opens the chest, and improves shoulder positioning. It helps reduce tightness from training, desk posture, and pressing volume, supporting better upper-body mobility, posture and movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Pectoralis Major
- Anterior Deltoid
- Shoulder / Glenohumeral Joint
- Biceps (Long Head, Secondary)
- Upper Chest / Anterior Chain
- Scapular Positioning (Secondary)



WHEN TO USE IT

During warm-ups, upper-body sessions, posture breaks, recovery work, or anytime the chest and front shoulders feel tight or restricted.



BENEFITS

Improves chest mobility, opens the front of the shoulders, may improve pressing setup and posture, and reduces tightness from sitting, training or high pressing volume.



BEST FOR

Lifters, desk workers, people with rounded-shoulder posture, and anyone trying to improve upper-body mobility and shoulder positioning.



HOLD GUIDE

Hold for 20–30 seconds per side. Repeat 2–3 rounds. Breathe slowly and stay gentle.

SETUP



- Stand beside a doorway or sturdy frame.
- Place your forearm on the frame with the elbow at shoulder height (around 90 degrees).
- Step one foot slightly through the doorway.
- Keep your ribs stacked and torso tall.
- Set your shoulder gently down and back.

EXECUTION

- 1 Set your stance beside the doorway, one foot slightly through.
- 2 Place your forearm on the frame with the elbow bent about 90 degrees.
- 3 Keep your elbow at shoulder height and your upper arm in line with your shoulder.
- 4 Gently rotate your torso and step through until you feel a stretch across the chest.
- 5 Breathe steadily and hold for the desired time, then ease out and switch sides.



WHAT YOU SHOULD FEEL



- A stretch across the chest and front of the shoulder.
- A gentle opening through the pec major.
- Mild tension, but no sharp pain or pinching.
- The stretch should feel controlled and comfortable, not forced.

COMMON ERRORS



- ❌ Overextending or forcing the stretch too far.
- ❌ Shrugging the shoulder toward the ear.
- ❌ Arching the lower back or flaring the ribs.

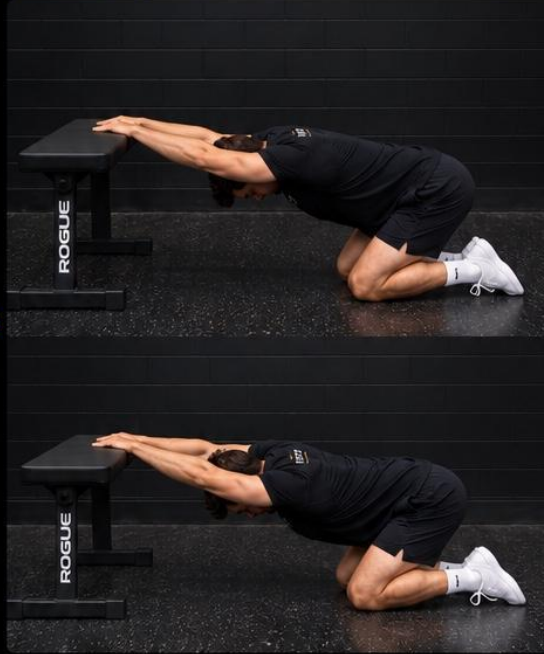
COACH'S EYE

- ✓ Keep your ribs stacked and core lightly braced.
- ✓ Keep the shoulder relaxed — don't shrug.
- ✓ Feel the stretch through the chest, not the lower back.
- ✓ Use a gentle range — no forced twist.
- ✓ Breathe slowly and stay within a pain-free range.
- ✓ Keep the elbow at around 90 degrees and at shoulder height.

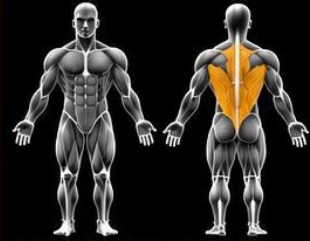
38 LAT STRETCH (BENCH/BAR)

UPPER BODY MOBILITY & SHOULDER FLEXION

A simple and effective stretch that targets the latissimus dorsi, helping to improve shoulder flexion, upper body mobility, posture, and overall movement quality. It can be performed on a bench, box, or bar and is a great addition to warm-ups, cool-downs, or dedicated mobility work.



TARGET ANATOMY



PRIMARY STRUCTURES

- Latissimus Dorsi
- Teres Major
- Posterior Shoulder (Shoulder Flexion)
- Thoracic Spine (Mobility)
- Core (Stability)



WHEN TO USE IT

During warm-ups, cool-downs, upper body sessions, or anytime you want to improve shoulder mobility, reduce upper back tightness, or enhance overhead movement range.



BENEFITS

Improves shoulder flexion, lengthens the lats, reduces upper body and thoracic tightness, supports better posture, and enhances movement quality for pressing, pulling, and overhead activities.



BEST FOR

Anyone looking to improve shoulder mobility, reduce upper back tightness, or enhance posture. Particularly useful for lifters, desk workers, and athletes with limited overhead range.



HOLD GUIDE

Hold for 20–40 seconds per side (or both sides together). Breathe slowly and deeply. Repeat for 2–3 sets.

SETUP



- Kneel in front of a bench, box, or sturdy bar.
- Place your hands on the bench/bar, slightly wider than shoulder-width.
- Walk your knees back until your hips are over or slightly behind your knees.
- Keep your arms straight and your palms down.
- Lower your chest towards the floor and relax your head between your arms.

EXECUTION

- 1 From the setup position, keep your arms straight and your core engaged.
- 2 Sit your hips back towards your heels while lowering your chest towards the floor.
- 3 Focus on lengthening through your lats and sides.
- 4 Breathe deeply into your ribcage, allowing your upper back to relax.
- 5 Hold the stretch for 20–40 seconds, then return and repeat (if doing one side, walk your hands slightly to the side).



WHAT YOU SHOULD FEEL



- A deep stretch through your lats and sides.
- Increased shoulder flexion and upper back mobility.
- A gentle stretch through your thoracic spine.
- Your ribcage expanding as you breathe.
- A sense of relaxation and release in the upper body.
- The stretch should feel challenging but comfortable — not painful.

COMMON ERRORS



Bending your elbows.



Not sitting your hips back (staying too upright).



Overarching your lower back or flaring your ribs.

COACH'S EYE

- ✓ Keep your arms straight and elbows locked.
- ✓ Sit your hips back towards your heels.
- ✓ Keep your chest low and your head relaxed.
- ✓ Feel the stretch through your lats, not your lower back.
- ✓ Breathe deeply and let your upper body relax.
- ✓ Avoid excessive arching in the lower back.
- ✓ Adjust hand position (wider/narrower) to target the stretch.

39 CROSS-BODY SHOULDER STRETCH

POSTERIOR SHOULDER & CAPSULE MOBILITY

A simple but highly effective stretch that targets the posterior shoulder, helping to improve capsule mobility, reduce tightness through the rear deltoid, and support smoother upper-body movement in training, daily life, and at the desk.



TARGET ANATOMY



PRIMARY STRUCTURES

- Posterior Deltoid
- Posterior Capsule
- Rotator Cuff
- Rhomboids / Upper Back
- Shoulder Joint



WHEN TO USE IT

During warm-ups, upper-body sessions, cool-downs, or anytime your shoulders feel tight, especially after pressing, desk work, or upper-body training.



BENEFITS

Improves posterior shoulder mobility, reduces tightness through the rear deltoid and capsule, supports smoother pressing and overhead movement, and helps shoulder comfort.



BEST FOR

Anyone looking to improve shoulder mobility, reduce rear-shoulder tightness, or move better in pressing, pulling, and daily upper-body movement.



HOLD GUIDE

Hold for 20–30 seconds per side. Repeat 2–3 rounds. Breathe slowly and stay relaxed.

SETUP



- Stand or sit tall.
- Bring one arm straight across your chest at shoulder height.
- Use the opposite arm to support just above the elbow.
- Keep the working shoulder down and your chest tall.
- Brace lightly and stay relaxed through your neck.

EXECUTION

- 1 Set your arm across your chest at shoulder height.
- 2 Use the opposite arm to gently draw it closer.
- 3 Keep your shoulder relaxed and away from your ear.
- 4 Breathe slowly and hold at a comfortable stretch.
- 5 Release with control and repeat on the other side.



WHAT YOU SHOULD FEEL



- A stretch through the back of the shoulder and rear deltoid.
- Mild tension around the posterior capsule.
- Gentle muscular effort in the supporting arm only.
- The stretch should feel controlled and comfortable, not sharp or pinchy.

COMMON ERRORS



Lifting or shrugging the working shoulder.



Twisting your torso instead of isolating the shoulder.



Pulling too aggressively or forcing the range.

COACH'S EYE



Keep your chest tall and ribs stacked.



Draw the arm across, not upward.



Relax the working shoulder — don't shrug.



Keep your neck soft and jaw relaxed.



Stay within a comfortable, pain-free range.



Breathe steadily and hold without forcing it.

40 SHOULDER CARS (STANDING)

Controlled Articular Rotations (CARs) for the shoulders improve joint health, range of motion, and motor control. This exercise actively moves the shoulder through its full range of motion in a slow, controlled manner, helping to build stronger, more resilient shoulders and better overhead function.



TARGET ANATOMY



PRIMARY STRUCTURES

- Shoulder Joint (Glenohumeral)
- Rotator Cuff
- Deltoids
- Scapular Stabilizers
- Upper Back (Stability)



WHEN TO USE IT

During warm-ups, upper body sessions, mobility work, or as part of a shoulder health routine. Great for improving shoulder control, range of motion, and joint resilience.



BENEFITS

Increases shoulder mobility, improves joint control, strengthens the rotator cuff and scapular stabilizers, enhances body awareness, and helps maintain long-term shoulder health.



BEST FOR

Lifters, athletes, anyone with shoulder stiffness, or those looking to improve overhead movement, posture, and overall shoulder function.



REP GUIDE

Perform 3–5 slow repetitions in each direction per side. Move slowly (3–5 seconds per rotation). Focus on control and full range of motion.

SETUP



- Stand tall with feet hip-width apart.
- Keep your core engaged and ribs stacked.
- Relax your shoulders.
- Arms at your sides, long and straight.
- Keep a slight brace in your core and a neutral spine.

EXECUTION

- 1 From the start position, raise your straight arm forward in a controlled manner.
- 2 Continue up into full overhead flexion.
- 3 Move the arm back and behind you into extension.
- 4 Continue the circle down and back to your side, keeping the arm straight throughout.
- 5 Complete a full, smooth circular rotation.
- 6 Repeat for the desired reps, then switch sides.



WHAT YOU SHOULD FEEL



- A deep stretch and activation through the entire shoulder joint.
- Improved awareness and control through the full range of motion.
- A smooth, fluid movement.
- Gentle tension, not sharp pain.
- Greater mobility and stability in the shoulder.

COMMON ERRORS



Bending your elbow.



Shrugging your shoulder toward your ear.



Arching your lower back or leaning your torso.

COACH'S EYE

- ✓ Keep your arm straight throughout the entire circle.
- ✓ Keep your ribs stacked and core engaged.
- ✓ Move slowly and with full control.
- ✓ Don't shrug your shoulder.
- ✓ Maintain a tall, neutral posture (no excessive arching).
- ✓ Move through the largest pain-free range of motion.
- ✓ Focus on quality, not speed.

41

BANDED SHOULDER DISLOCATES (LIGHT)

SHOULDER MOBILITY & UPPER-BODY PREP

A great mobility drill that improves shoulder range of motion, helps open the chest and shoulders, enhances scapular control, and can reduce stiffness in the shoulders and thoracic spine. Using a light resistance band a/lrugh a full range motion in a controlled and safe manner.

1 START POSITION



2 OVERHEAD



3 BEHIND BODY



TARGET ANATOMY



PRIMARY STRUCTURES

- Shoulders (Glenohumeral Joint)
- Rotator Cuff
- Deltoids
- Scapular Stabilizers
- Thoracic Spine (Mobility)
- Chest (Pectorals)



WHEN TO USE IT

During warm-ups, upper-body sessions, mobility work, or as part of a shoulder health routine. Great for improving shoulder mobility, posture, and preparation for pressing, pulling, or overhead movements.



BENEFITS

Increases shoulder mobility, improves posture, enhances scapular control, opens the chest, and helps maintain healthy shoulder function. Can reduce stiffness and quality.



BEST FOR

Lifters, athletes, desk workers, or anyone looking to improve shoulder mobility, posture, and upper-body movement. Especially useful for those with tight shoulders or a rounded posture.



REP GUIDE

Perform 8–15 controlled reps. Use a light resistance band. Focus on a slow, smooth tempo and full range of motion. Repeat for 2–3 sets.

SETUP



- Stand tall with feet hip-width apart.
- Hold a light resistance band with a wide overhand grip (hands wider than shoulder-width).
- Keep your core engaged, ribs down, and posture tall.
- Arms straight with a slight tension on the band.
- Use a light band to ensure good control throughout the movement.

EXECUTION

- 1 From the start position, slowly raise the band up and over your head, keeping your arms straight. Continue the movement behind your body, lowering the band as far as is comfortable.
- 2 Keep your shoulders down and engaged throughout the movement.
- 3 Reverse the movement, bringing the band back overhead to the start position.
- 4 Repeat for the desired reps, maintaining control and a smooth, steady tempo.



WHAT YOU SHOULD FEEL



- A stretch through your chest, shoulders, and upper back.
- Improved shoulder mobility and openness.
- Gentle activation of the scapular muscles.
- A smooth, controlled movement through the full range of motion.
- No sharp pain — just a comfortable stretch and tension.

COMMON ERRORS



Using a band that's too heavy (reduces range).



Bending your elbows during the movement.



Shrugging your shoulders towards your ears.

COACH'S EYE

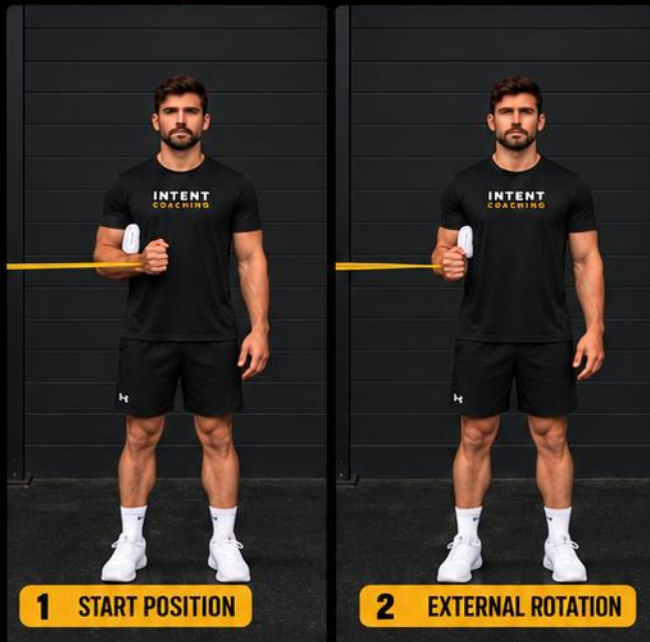
- ✓ Keep your arms straight and maintain tension on the band.
- ✓ Move slowly and with control.
- ✓ Keep your shoulders down — don't shrug.
- ✓ Maintain a tall posture and engaged core.
- ✓ Try to achieve a full, pain-free range of motion.
- ✓ Use a light band and focus on quality, not speed.
- ✓ Great for shoulder health and posture.



42 BANDED EXTERNAL ROTATION (ELBOW AT SIDE)

SHOULDER HEALTH & ROTATOR CUFF ACTIVATION

A simple but highly effective exercise that targets the rotator cuff, helping to improve shoulder stability, control, and resilience. Strengthening the external rotators supports better shoulder function, posture, and can help reduce the risk of injury, especially for lifters or anyone with shoulder niggles.



1 START POSITION

2 EXTERNAL ROTATION

TARGET ANATOMY



PRIMARY STRUCTURES

- Rotator Cuff (Infraspinatus)
- Teres Minor
- Posterior Deltoid
- Scapular Stabilizers
- Shoulder Joint (Stability)



WHEN TO USE IT

During warm-ups, upper-body sessions, shoulder prehab, or as part of a mobility routine. Great for improving shoulder health, rotator cuff strength, and overall shoulder stability.



BENEFITS

Strengthens the external rotators, improves shoulder stability and control, supports better posture, enhances scapular function, and helps reduce the risk of shoulder pain or injury.



BEST FOR

Lifters, athletes, those with shoulder niggles, anyone looking to improve shoulder stability, and as part of a prehab or rehabilitation program.



REP GUIDE

Perform 12–20 controlled reps per side. Use a light resistance band. Repeat for 2–3 sets. Focus on slow, controlled movement.

SETUP



- Attach a light resistance band to a stable anchor at elbow height.
- Stand side-on or facing away from the anchor with your elbow at 90 degrees and tucked into your side.
- Place a small towel or rolled cloth between your elbow and ribs.
- Keep your feet hip-width apart and your core engaged.
- Maintain a tall posture with your shoulders relaxed.

EXECUTION

- 1 Start in the setup position with your elbow at 90 degrees, tucked into your side, holding the band.
- 2 Keeping your elbow pinned to your side, rotate your forearm outward, moving the band away from your body.
- 3 Squeeze gently at the end range without shrugging your shoulder.
- 4 Slowly return to the start position with control.
- 5 Repeat for the desired reps, then switch sides.



WHAT YOU SHOULD FEEL



- Activation in the back of your shoulder (rotator cuff).
- A gentle burn in the external rotators.
- Stability and control throughout the movement.
- No sharp pain — just a controlled and focused effort.
- Improved shoulder awareness and connection.

COMMON ERRORS



Shrugging your shoulder.



Letting your elbow come away from your side.



Using too much weight or rotating your torso.

COACH'S EYE



- Keep your elbow pinned to your side with a towel/cloth.
- Maintain a tall posture and engaged core.
- Move slowly and with full control.
- Focus on squeezing the external rotators at the end range.
- Avoid shrugging or leaning.
- Use a light band and focus on quality, not speed.
- Great for shoulder health, stability, and long-term resilience.



43

BANDED INTERNAL ROTATION (ELBOW AT SIDE)

SHOULDER HEALTH & ROTATOR CUFF STRENGTH

A simple but highly effective exercise that targets the internal rotators of the shoulder, helping to improve shoulder stability, control, and resilience. Strengthening the internal rotators supports better shoulder function, posture, and can help reduce the risk of injury, especially for lifters, athletes, or anyone

**1** START POSITION**2** INTERNAL ROTATION

TARGET ANATOMY



PRIMARY STRUCTURES

- Subscapularis (Rotator Cuff)
- Pectoralis Major (Secondary)
- Latissimus Dorsi (Secondary)
- Shoulder Joint (Stability)
- Scapular Stabilizers



WHEN TO USE IT

During warm-ups, upper-body sessions, shoulder rehab, or as part of a mobility routine. Great for improving shoulder health, rotator cuff strength, and overall shoulder stability.



BENEFITS

Strengthens the internal rotators, improves shoulder stability and control, supports better posture, and helps maintain a healthy shoulder joint. Can help reduce the risk of injury and shoulder pain.



BEST FOR

Lifters, athletes, anyone with shoulder niggles, or those looking to improve shoulder stability, control, and overall upper-body resilience.



REP GUIDE

Perform 12–20 controlled reps per side. Use a light resistance band. Repeat for 2–3 sets. Focus on a slow, controlled movement and good form.

SETUP



- Attach a light resistance band to a stable anchor at elbow height.
- Stand side-on or slightly away from the anchor with your working arm closest to it.
- Keep your elbow tucked into your side at 90 degrees.
- Place a small towel or rolled cloth between your elbow and ribs.
- Keep your feet hip-width apart and your core engaged.
- Maintain a tall posture with your shoulders relaxed.

EXECUTION

- 1** Start in the setup position with your elbow at 90 degrees, tucked into your side.
- 2** Rotate your forearm inward across your body, pulling the band towards your stomach.
- 3** Keep your elbow pinned to your side and your shoulder relaxed.
- 4** Squeeze gently at the end range without shrugging your shoulder.
- 5** Slowly return to the start position with control.
- 6** Repeat for the desired reps, then switch sides.



WHAT YOU SHOULD FEEL



- Activation in the front of your shoulder (subscapularis).
- A gentle burn in the internal rotators.
- Stability and control throughout the movement.
- No sharp pain — just a controlled and focused effort.
- Improved shoulder awareness and connection.

COMMON ERRORS



Letting your elbow come away from your side.



Shrugging your shoulder.



Using too much weight or rushing the movement.

COACH'S EYE

- ✓ Keep your elbow pinned to your side with a towel/cloth.
- ✓ Maintain a tall posture and engaged core.
- ✓ Move slowly and with full control.
- ✓ Focus on squeezing the internal rotators at the end range.
- ✓ Keep your shoulder relaxed — don't shrug.
- ✓ Use a light band and focus on quality, not speed.
- ✓ Great for shoulder health, stability, and long-term resilience.



44

SCAPULAR WALL SLIDES

SHOULDER MOBILITY & SCAPULAR CONTROL

A controlled movement that improves shoulder mobility, scapular upward rotation, and thoracic extension. Wall slides help build better shoulder positioning, posture, and scapular control, making them a great drill for lifters, desk workers, and anyone looking to improve overhead movement quality.



TARGET ANATOMY



PRIMARY STRUCTURES

- Serratus Anterior
- Upper & Lower Trapezius
- Rhomboids
- Shoulders (Glenohumeral Joint)
- Thoracic Spine (Mobility)
- Scapular Stabilizers



WHEN TO USE IT

During warm-ups, upper-body sessions, posture work, or as part of a shoulder health routine. Great for improving scapular control, thoracic mobility, and overhead movement quality.



BENEFITS

Improves scapular upward rotation, enhances shoulder mobility and posture, strengthens the serratus anterior and upper back, and helps build better control through the full overhead range of motion.



BEST FOR

Lifters, desk workers, athletes, or anyone looking to improve shoulder mobility, posture, and scapular control. Particularly useful for overhead strength and shoulder health.



REP GUIDE

Perform 10–15 controlled reps. Move slowly (2–3 seconds up, 2–3 seconds down). Repeat for 2–3 sets. Focus on control and good form.

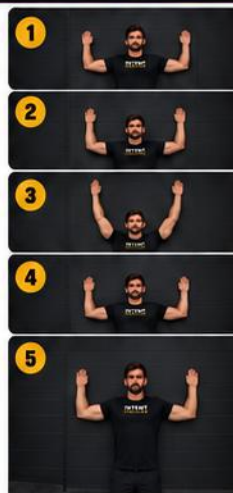
SETUP



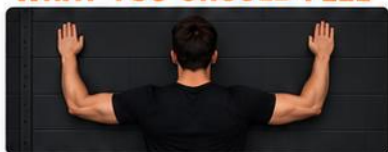
- Stand with your back against a wall, feet hip-width apart.
- Head, upper back, and glutes in contact with the wall.
- Arms in a goalpost position (elbows at 90 degrees, back of hands against the wall).
- Keep your core engaged and ribs down.
- Maintain a neutral spine and relaxed neck.

EXECUTION

- 1 Start in the goalpost position with your elbows and hands against the wall.
- 2 Slide your arms up the wall slowly, keeping contact with the wall and maintaining a slight external rotation (palms facing forward).
- 3 Reach overhead as high as you can while keeping your lower back and ribs against the wall.
- 4 Slowly slide your arms back down to the goalpost position with control.
- 5 Repeat for the desired reps, keeping the movement smooth and controlled.



WHAT YOU SHOULD FEEL



- A gentle stretch and activation through your shoulders, upper back, and ribcage.
- Improved scapular control and shoulder mobility.
- Engagement of the serratus anterior and upper back.
- A smooth, controlled movement through the full range.
- No sharp pain — just a comfortable stretch and muscular activation.

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POSTERIOR NECK STRETCH (CHIN TO CHEST)

NECK MOBILITY & TENSION RELIEF

A simple and effective stretch that targets posterior neck muscles, helping to reduce tension in the neck, improve cervical spine mobility, and counteract the effects of prolonged sitting, screen time, and forward head posture. Can be performed anywhere and is a great addition to both warm-ups and cool-downs.



1 START POSITION



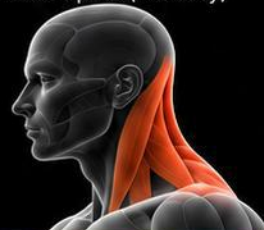
2 CHIN TO CHEST

TARGET ANATOMY



PRIMARY STRUCTURES

- Cervical Extensors (Posterior Neck)
- Upper Trapezius
- Levator Scapulae
- Suboccipital Muscles
- Cervical Spine (Mobility)



WHEN TO USE IT

During warm-ups, cool-downs, mobility sessions, or any time you feel tension in the neck. Great for counteracting forward head posture from sitting, screen time, or desk work.



BENEFITS

Reduces tension in the posterior neck, improves cervical spine mobility, helps alleviate headaches, supports better posture, and promotes relaxation. A simple tool for better neck health.



BEST FOR

Anyone with neck tension, desk workers, athletes, or anyone looking to improve posture, mobility, and overall neck comfort. Useful for those with or tight upper traps.



HOLD GUIDE

Hold for 20–30 seconds per side (or centre). Repeat 2–3 rounds. Perform 1–2 times daily or as needed. Breathe slowly and stay relaxed throughout.

SETUP



- Stand or sit tall with feet hip-width apart.
- Keep your shoulders relaxed and down.
- Look straight ahead to start.
- Keep your back neutral and core lightly engaged.
- Arms relaxed by your sides or resting on your thighs (if seated).

EXECUTION

- 1 Start in a tall, neutral position looking straight ahead.
- 2 Gently nod your chin down towards your chest (looking down).
- 3 Allow a gentle stretch through the back of your neck.
- 4 Keep your shoulders relaxed and down — don't shrug.
- 5 Hold for the desired time, breathing slowly, then return to the start position.



WHAT YOU SHOULD FEEL



- A gentle stretch through the back of your neck and upper traps.
- Reduced tension and stiffness in the neck.
- A sense of relief and relaxation.
- Improved neck mobility and posture over time.
- A comfortable stretch — not pain.

COMMON ERRORS



Not tucking the chin (just looking down with the eyes).



Shrugging or tension in the shoulders.



Rounding the upper back.

COACH'S EYE

- ✓ Initiate the movement by gently nodding the chin (not just looking down).
- ✓ Keep your shoulders relaxed and down.
- ✓ Maintain a tall posture with a neutral spine.
- ✓ Move slowly and within a comfortable range.
- ✓ Breathe steadily throughout the stretch.
- ✓ Avoid forcing the movement.
- ✓ Use this regularly to reduce tension and support better posture.

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LEVATOR SCAPULAE STRETCH

NECK MOBILITY & UPPER TRAP RELIEF

A simple but highly effective stretch that targets the levator scapulae muscle, helping to reduce tension in the side and back of the neck, improve neck mobility, and ease stiffness from prolonged sitting, desk work, or upper-body training. A great addition to warm-ups, cool-downs, or anytime you feel neck and shoulder tightness.

**1** START POSITION**2** STRETCH POSITION

TARGET ANATOMY



PRIMARY STRUCTURES

- Levator Scapulae
- Upper Trapezius (secondary)
- Scalenes (secondary)
- Cervical Spine (Mobility)
- Neck & Shoulder Region (Relaxation)



WHEN TO USE IT

During warm-ups, cool-downs, mobility sessions, or anytime you feel tension in the neck and upper shoulders. Great for desk workers, those with poor posture, or after upper-body training.



BENEFITS

Reduces tension in the levator scapulae, improves neck mobility, helps relieve headaches and stiffness, supports better posture, and promotes overall neck and upper-body comfort. Can help counteract the effects of prolonged sitting and screen time.



BEST FOR

Desk workers, students, athletes, or anyone experiencing neck and shoulder tightness. Useful for improving posture, reducing muscular tension, and enhancing neck mobility and overall upper-body wellness.



HOLD GUIDE

Hold for 20–30 seconds per side. Repeat 2–3 times. Breathe slowly and deeply. Use gentle pressure only — no forcing. Perform daily or as needed.

SETUP



- Stand or sit tall with your feet hip-width apart.
- Keep your shoulders relaxed and down.
- Maintain a neutral spine and engage your core lightly.
- Let your arms rest by your side.
- Look straight ahead to start.

EXECUTION

- 1** From the start position, gently tilt your head to one side (ear towards shoulder).
- 2** Use the same-side hand to apply light, gentle pressure on the top of your head.
- 3** Keep your opposite shoulder relaxed and down.
- 4** You can slightly rotate your head downwards (towards your armpit) to increase the stretch.
- 5** Hold for the desired time, breathe slowly, then return to the start position and repeat on the other side.



WHAT YOU SHOULD FEEL



- A gentle stretch along the side and back of your neck.
- Reduced tension in the levator scapulae and upper traps.
- A sense of release and relaxation in the neck and shoulder area.
- Improved neck mobility and comfort.
- No sharp pain — just a comfortable stretch.

COMMON ERRORS



Shrugging the shoulder towards your ear.



Pulling too hard on the head.



Twisting your head instead of a side bend.

COACH'S EYE

- ✓ Keep your shoulders relaxed and down.
- ✓ Use gentle pressure — don't force the movement.
- ✓ Maintain a neutral spine and upright posture.
- ✓ Slightly rotate your head downwards to target the levator scapulae.
- ✓ Breathe slowly and deeply throughout the stretch.
- ✓ Keep the opposite shoulder relaxed.
- ✓ Aim for a comfortable stretch, not pain.
- ✓ Great for reducing neck tension and improving posture.

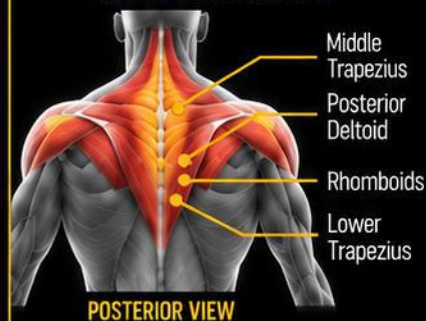


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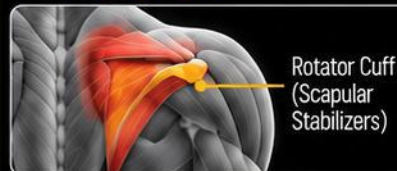
PRONE Y-T-W SHOULDER SERIES

SCAPULAR CONTROL, SHOULDER STABILITY & POSTURE

The Prone Y-T-W series is a simple and effective sequence to improve scapular control, shoulder stability and upper back function. It helps counteract the effects of prolonged sitting, supports better posture and develops awareness and control of the shoulder blades.

1 Y RAISE**2 T RAISE****3 W RAISE****TARGET ANATOMY**

POSTERIOR VIEW



Rotator Cuff (Scapular Stabilizers)

PRIMARY STRUCTURES

- Posterior Deltoid
- Middle Trapezius
- Lower Trapezius
- Rhomboids
- Rotator Cuff (Stability)
- Scapular Stabilizers

**WHEN TO USE IT**

During warm-ups, posture work, upper body sessions, or whenever you spend long periods sitting. A great drill to reinforce scapular control and shoulder stability.

**BENEFITS**

- Improves scapular control
- Supports shoulder stability
- Strengthens upper back muscles
- Promotes better posture
- Helps counteract prolonged sitting
- Useful for all training levels

**BEST FOR**

- Scapular control and awareness
- Shoulder stability
- Upper back strength
- Posture improvement
- Counteracting prolonged sitting
- Suitable for all training levels

**REP GUIDE**

Perform 8–12 controlled reps of each position (Y, T and W). Pause for 1–2 seconds at the top of each rep. Complete 2–3 sets.

SETUP

- Lie face down on a mat with your forehead supported.
- Arms start by your sides, thumbs pointing up.
- Keep your ribs down and core engaged.
- Maintain a neutral spine throughout.

EXECUTION

- 1** Lift your arms into a Y position (overhead) with straight elbows and thumbs up. Move your arms using your shoulder blades (upper back), not by arching your lower back. Pause, then lower slowly.
- 2** Lift your arms into a T position (out to the sides) with straight elbows and thumbs up. Squeeze your shoulder blades. Pause, then lower slowly.
- 3** Bend your elbows and lift into a W position, pulling your shoulder blades back. Pause, then lower.

WHAT YOU SHOULD FEEL

- Activation in your upper traps and shoulder blades.
- Engagement in your middle back and rear shoulders.
- Squeezing of your shoulder blades together.
- A sense of improved posture and upper back control.

COMMON ERRORS

Shrugging your shoulders.



Lifting arms too high.



Arching your lower back.

COACH'S EYE

- ✓ Keep your forehead on the floor and neck neutral.
- ✓ Move with control — avoid momentum.
- ✓ Lift your arms using your shoulder blades (upper back).
- ✓ Keep your ribs down and core engaged.
- ✓ Focus on squeezing your shoulder blades together.
- ✓ Maintain a neutral spine — do not arch your lower back.
- ✓ Move through a comfortable range of motion.
- ✓ Quality over speed — focus on feeling the muscles work.



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STANDING KNEE HUG TO CALF RAISE

HIP MOBILITY & ANKLE STABILITY

The Standing Knee Hug to Calf Raise is a dynamic mobility drill that improves hip flexion, ankle control, single-leg balance, and lower-body movement quality.

It helps open up the hips, builds ankle stability and control, and develops better balance and coordination for everyday movement and athletic performance.

1 KNEE HUG



2 CALF RAISE



TARGET ANATOMY



PRIMARY STRUCTURES

- Hip Flexors
- Glute Max / Posterior Hip
- Calves / Achilles
- Foot / Ankle Stabilisers
- Core / Trunk Stabilisation



WHEN TO USE IT

During warm-ups, lower-body sessions, running prep, or anytime hips and ankles feel stiff.



BENEFITS

- Improves hip mobility
- Builds ankle stability and control
- Enhances single-leg balance
- Improves coordination
- Better gait quality



BEST FOR

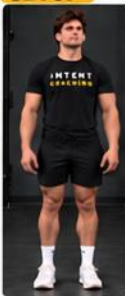
- Lifters
- Runners
- Field athletes
- Anyone wanting better single-leg balance and lower-body control.



REP GUIDE

5–8 controlled reps per side. Pause 1–2 seconds at the top. Move slowly. Repeat 2–3 rounds.

SETUP



- Stand tall with feet hip-width apart.
- Brace your core and keep your ribs stacked.
- Shift your weight onto one leg.
- Keep the supporting foot rooted through the whole foot.
- Start with a tall posture and soft standing knee.

EXECUTION

- 1 Balance on one leg and lift the opposite knee toward your chest.
- 2 Hug the knee in gently with both hands while staying tall.
- 3 Keep your standing foot rooted and your torso upright.
- 4 Rise onto the ball of the standing foot into a calf raise.
- 5 Pause briefly at the top with control.
- 6 Lower the heel, release smoothly, and repeat before switching sides.



WHAT YOU SHOULD FEEL



- A gentle stretch around the hip and glute of the lifted leg.
- Activation through the standing calf and foot.
- Mild core engagement to stay balanced.
- Smooth, controlled balance work — not pain.

COMMON ERRORS



Leaning back or rounding your posture.



Letting the standing arch collapse or toes grip too hard.



Rushing and losing balance.

COACH'S EYE

- ✓ Stay tall with ribs stacked.
- ✓ Root the whole standing foot into the floor.
- ✓ Lift the heel straight up — don't roll the ankle.
- ✓ Hug the knee in without yanking.
- ✓ Move slowly and own the balance.
- ✓ Stay within a comfortable range.

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SUPPORTED SINGLE-LEG BALANCE REACH

IMPROVE BALANCE, HIP STABILITY & MOVEMENT CONTROL

The supported single-leg balance reach is a simple but highly effective movement to improve balance, lower-body stability, and hip control. It challenges your proprioception, strengthens the glutes and stabilising muscles, and helps improve movement quality in everyday activities and sport. A support (e.g. rack, wall or bench) can be used as needed.



START POSITION



END POSITION

TARGET ANATOMY



PRIMARY STRUCTURES

- Gluteus Medius (Stabilisation)
- Gluteus Maximus (Hip Control)
- Hamstrings (Stabilisation)
- Calves (Balance & Ankle Stability)
- Core (Trunk Stability)



WHEN TO USE IT

Use as part of a warm-up, mobility routine, lower-body strength program, or return-to-sport rehabilitation. It's useful for improving balance, hip stability, and movement control, and can help reduce the risk of lower body injuries, especially at the knee, hip and ankle.



BENEFITS

- Improves balance and proprioception
- Strengthens glutes and hip stabilisers
- Enhances lower-body movement control
- Supports knee and ankle stability
- Useful for injury prevention and athletic performance



BEST FOR

- All training levels
- Runners and athletes
- Lower-body rehabilitation
- Knee and hip injury prevention
- Improving single-leg control and stability
- Everyday movement quality



REP GUIDE

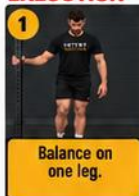
Perform 6–10 controlled reps per side. Move slowly, focus on balance and control. Lightly hold a support if needed, but aim to reduce support over time. Pause briefly (1–2 seconds) at the end range.

SETUP



- Stand next to a stable support (rack, wall or bench).
- Stand on one leg with a slight knee bend.
- Keep your hips square and core engaged.
- Hold the support lightly with the opposite hand (only if needed).
- Keep your shoulders down and relaxed.
- Look slightly down at the floor in front of you.

EXECUTION



Balance on one leg.



Hinge at the hip and reach forward with opposite hand.



Keep hips square and maintain balance.



Return to the start position and repeat.

- 1 From the start position, hinge at the hip and reach your opposite hand towards the floor in front of you.
- 2 Extend your free leg back, keeping a slight bend in the standing leg.
- 3 Keep your hips level, core engaged, and shoulders square.
- 4 Pause briefly at the end range, then return to the start position and repeat.

WHAT YOU SHOULD FEEL



- Activation in the glute and outer hip of the standing leg.
- Engagement in the hamstring and calf.
- Your core working to keep you stable.
- A controlled stretch through the back of the standing leg.
- Improved balance and body control with each repetition.

COMMON ERRORS



Letting your hips rotate or drop.



Rounding your lower back.



Reaching too far and losing balance.

COACH'S EYE

- ✓ Keep a slight bend in the standing leg.
- ✓ Hips square and level throughout.
- ✓ Move from the hip, not the lower back.
- ✓ Keep your core braced and shoulders down.
- ✓ Reach only as far as you can maintain good control.
- ✓ Use a light support if needed, but try to reduce it over time.
- ✓ Focus on smooth, controlled movement.
- ✓ Quality of movement over range, not depth.

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HEEL-TO-TOE ANKLE ROCK (MOBILITY & CONTROL)

IMPROVE ANKLE MOBILITY, BALANCE & LOWER-LIMB CONTROL

The heel-to-toe ankle rock is a simple but highly effective exercise to improve ankle mobility, proprioception and lower-limb control. It helps increase dorsiflexion and plantarflexion range, strengthen the muscles around the ankle, and improve balance and stability. This drill is useful for everyday movement.

1 HEEL ROCK (TOES UP)



ROCK TO HEEL

2 TOE ROCK (HEELS UP)



ROCK TO TOE

TARGET ANATOMY



PRIMARY STRUCTURES

- Tibialis Anterior (Dorsiflexion)
- Gastrocnemius (Plantarflexion)
- Soleus (Plantarflexion)
- Ankle Stabiliser Muscles
- Foot & Ankle Joint (Mobility & Control)



WHEN TO USE IT

Use as part of a warm-up, mobility routine, lower-body session, or rehabilitation program. Ideal for improving ankle range of motion, balance and lower-limb control. Useful if you sit for long periods, wear restrictive footwear, experience ankle stiffness, or want to reduce the risk of lower-body injuries.



BENEFITS

- Increases ankle mobility (dorsiflexion & plantarflexion)
- Improves balance and proprioception
- Strengthens ankle stabilisers
- Supports better movement quality in squats, lunges and running
- Helps reduce risk of ankle, knee and hip injuries
- Useful for everyday life and athletic performance



BEST FOR

- Runners and athletes
- Lower-body training and strength sports
- Those with stiff ankles or limited mobility
- Rehabilitation and prehabilitation
- Improving squat depth and movement quality
- General lower-limb health and performance



REP GUIDE

Perform 10–15 controlled reps in each direction. Move slowly and through a full range of motion. Pause briefly at the end range. Complete 2–3 sets.

SETUP



- Stand tall with feet hip-width apart.
- Keep a slight bend in the knees.
- Hands on hips or a light support if needed (e.g. wall or rack).
- Keep your core engaged and posture upright.
- Look straight ahead and keep your weight centred over your feet.

EXECUTION



Lift your toes (rock to heel).



Control the movement.



Lift your heels (rock to toe).



Return to the start position.

- 1 Slowly lift your toes off the floor, shifting your weight to your heels.
- 2 Pause briefly at the top, feeling the stretch through your calves.
- 3 Slowly lift your heels off the floor, shifting your weight to your toes.
- 4 Pause briefly at the top, then return to the start position.
- 5 Repeat for the desired reps, keeping the movement slow and controlled.

WHAT YOU SHOULD FEEL



- A stretch through your calves when your toes are lifted (rock to heel).
- Activation in your shin muscles when your heels are lifted (rock to toe).
- Improved ankle mobility and control.
- Your core and lower legs working to maintain balance.
- A smooth, controlled movement through the full range.

COMMON ERRORS



Moving too quickly or using momentum.



Not reaching the full range of motion.



Leaning forward or backward.

COACH'S EYE

- ✓ Keep the movement slow and controlled.
- ✓ Maintain an upright posture.
- ✓ Keep a slight bend in the knees.
- ✓ Use a light support if needed, but try to progress without it.
- ✓ Focus on feeling the stretch and contraction in the lower legs.
- ✓ Keep your weight centred over your feet.
- ✓ Don't rush – quality of movement over speed.
- ✓ Aim for a smooth, full range of motion.



MOVE WITH INTENT.

BETTER MOBILITY. BETTER MOVEMENT. BETTER YOU.

Mobility is not about chasing perfect positions. It is about moving with more control, more confidence, and less restriction. Use this library consistently, work within a comfortable range, and let small improvements compound over time.

INTENT PRINCIPLES



MOVE WITH
CONTROL.



BREATHE
THROUGHOUT.



CHASE QUALITY,
NOT DISCOMFORT.



STAY
CONSISTENT.

Thank you for using the INTENT Mobility Library.

TRAIN WITH PURPOSE.