

Mobility

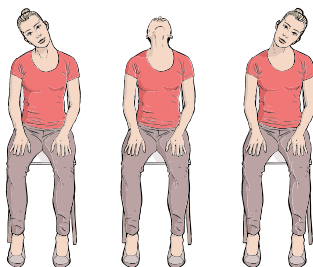
9 min · Abs, Ankles, Back, Legs, Yoga

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or scan:



Welcome! This routine is from my personal practice. I work out regularly but I'm not a fitness professional, proceed at your own discretion. Start slow, listen to your body, and consult your doctor if needed. Adjust the intensity based on your capacity. Scroll down for detailed instr.

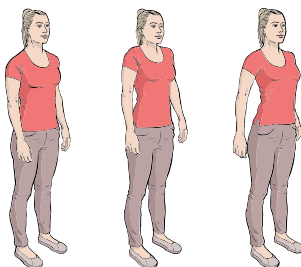
Seated Neck Roll



5 reps

5 on each side, slow, luxurious and with control.

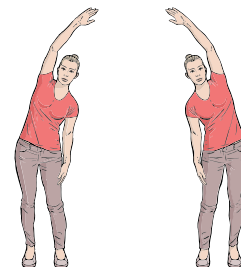
Shoulder Rolls



5 reps

5 on each side, slow, luxurious and with control.

Standing Lateral Stretch



5 reps

5 on each side, slow, luxurious and with control.

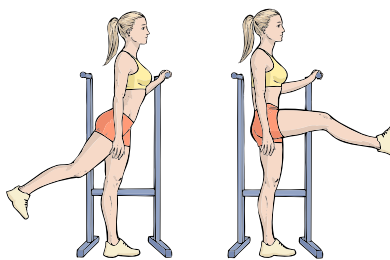
Ankle Circles



5 reps

5 on each side, slow, luxurious and with control.

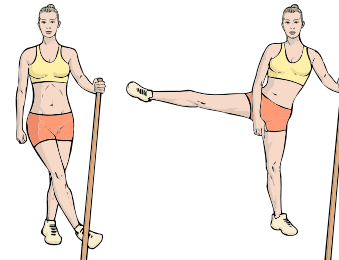
Forward Leg Hip Swings



5 reps

5 on each side, slow, luxurious and with control.

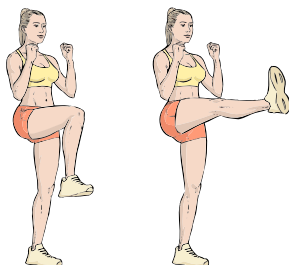
Side Lateral Leg Swings



5 reps

5 on each side, slow, luxurious and with control.

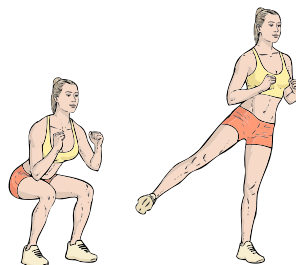
Front Kicks



5 reps

5 on each side, slow, luxurious and with control.

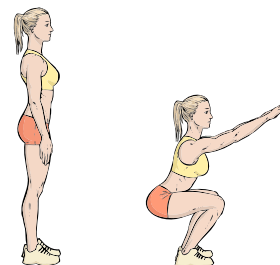
Squats to Side Leg Raises



5 reps

5 on each side, slow, luxurious and with control.

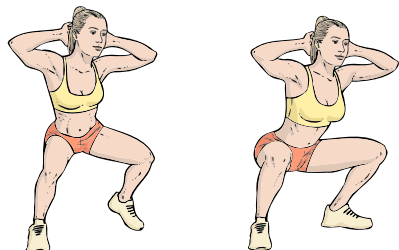
Air Squats



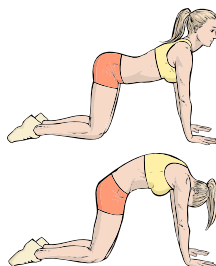
5 reps

5 moves, slow, luxurious and with control.

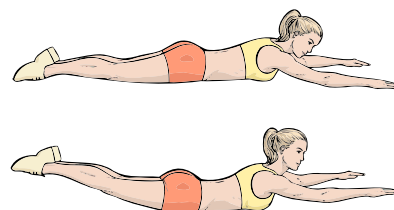


**Duck Walks****5 reps**

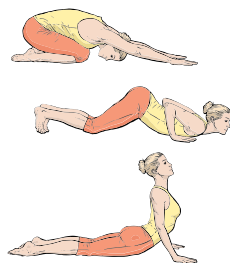
5 on each side, slow, luxurious and with control.

Backward Camel Stretch**5 reps**

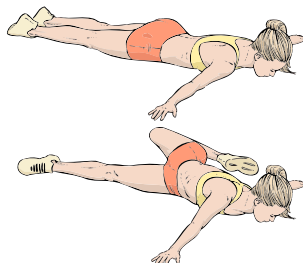
5 moves, slow, luxurious and with control.

Supermans**5 reps**

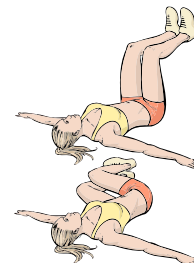
5 moves, slow, luxurious and with control.

Striking Cobra · Shashank Bhujangasana**5 breaths**

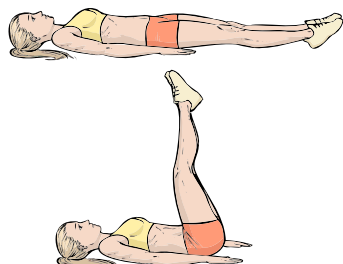
Keep hands fixed to floor shoulder-width apart · Draw shoulders away from ears · Keep elbows bent · Inhale,...

Scorpion Stretch**5 reps**

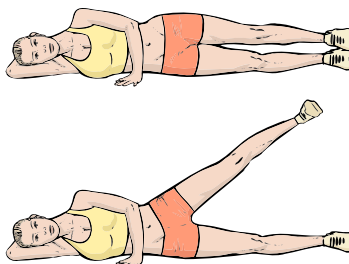
5 alternating on each side, slow, luxurious and with control.

Windshield Wipers**5 reps**

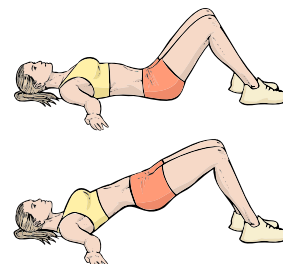
5 alternating on each side, slow, luxurious and with control.

Lying Leg Raises**5 reps**

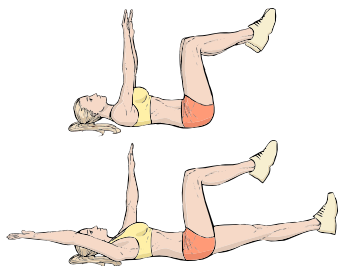
5 moves, slow, luxurious and with control.

Lying Side Leg Lifts**5 reps**

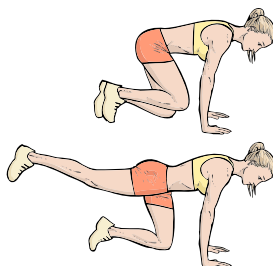
5 on each side, slow, luxurious and with control.

Hip Raises**5 reps**

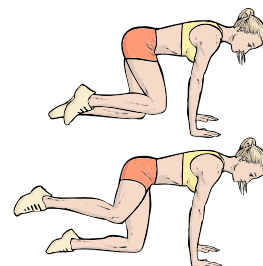
5 moves, slow, luxurious and with control.

**Dead Bug****5 reps**

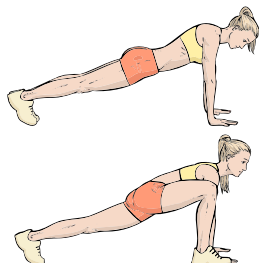
5 alternating on each side, slow, luxurious and with control.

Donkey Kicks**5 reps**

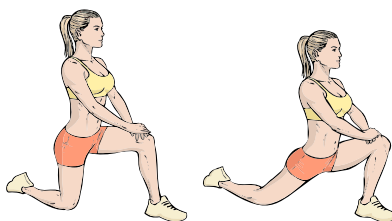
5 on each side, slow, luxurious and with control.

Adductor Knee Raises**5 reps**

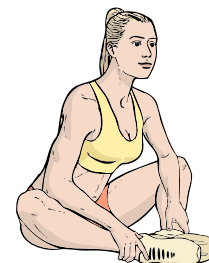
5 on each side, slow, luxurious and with control.

Groiners**5 reps**

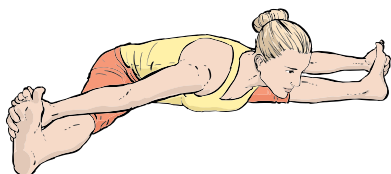
5 alternating on each side, slow, luxurious and with control.

Kneeling Hip Flexor Stretch**5 reps**

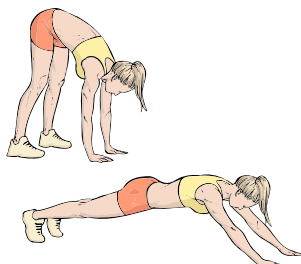
5 on each side, slowly move slight up and down, luxurious and with control.

Butterfly Stretch**10 reps**

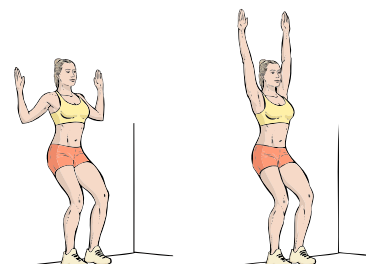
10 flaps rapid but with control.

Wide Angle Seated Forward Bend · Upavistha Konasana**5 breaths**

Point toes and knees toward sky · Lengthen front of torso · Avoid rounding the spine · Micro-bend the knees

Inchworms**5 reps**

5 moves, slow, luxurious and with control.

Wall Angles**5 reps**

5 moves, slow, luxurious and with control.

Seated Neck Roll

Primary muscle group(s):

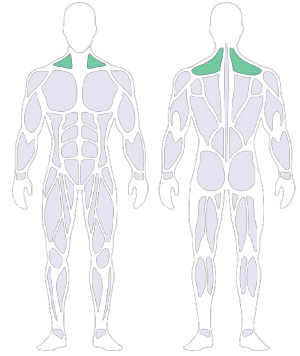
Neck & Upper Traps

Seat yourself comfortably on a solid chair, with your back straight and unsupported and your feet planted about hip-width apart.

Lightly tilt your head to the left, to the rear, and to the right.

Hold each side for the specified amount of time. Ideally 2 - 5 seconds.

Perform for the specified reps or time.



Standing Shoulder Rolls

Primary muscle group(s):

Neck & Upper Traps

Secondary:

Shoulders

Stand strong, with your feet grounded and placed shoulder-width apart while maintaining a tight core and flat back.

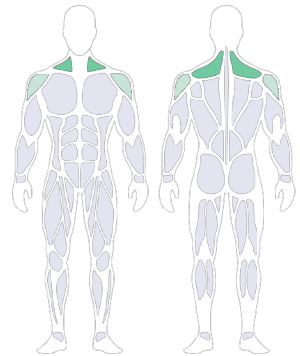
Keep your arms extended and by your sides with your palms facing in.

Relax your shoulders so they hang as low as possible.

Slowly raise your shoulders upwards in a shrugging motion.

At the top position, allow your chest to expand by pulling your rear shoulder blades together, bringing your shoulders back.

Slowly relax and lower your shoulders to return to the starting position.



Standing Lateral Stretch

Primary muscle group(s):

Middle Back / Lats

Secondary:

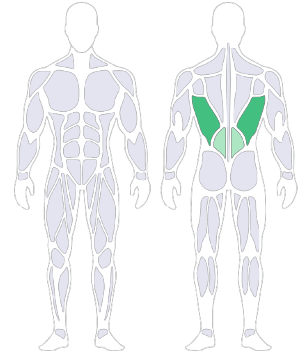
Lower Back

Stand comfortably with your back straight and your feet placed about shoulder-width apart.

Elevate one arm out to the side and above your head with your bicep facing your ear and your fingertips extended over your head.

Gently lean away from the side on which your arm is elevated creating a stretch along the extended side of your body.

Lower your arm and straighten your torso to get back to the starting position.



Ankle Circles / Rotations / Rolls

Primary muscle group(s):

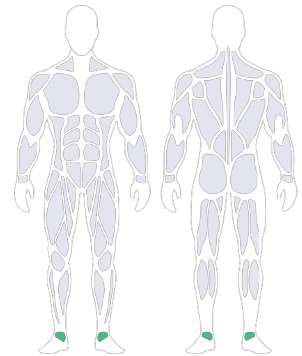
Ankles

Stand tall and upright with your feet spaced hip-width apart and your arms either by your sides or your hands on your hips.

Shift your weight to one foot and point the toes on the opposing foot into the ground.

Rotate this foot by transferring floor contact from your little toe, to big toe, to ball of your foot, continuing this motion for the specified reps or time.

Repeat the exercise with the other leg.



Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

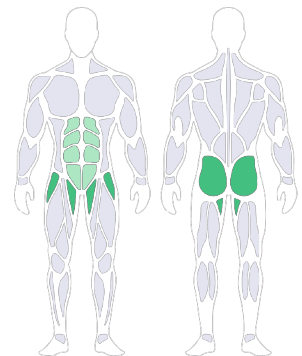
Secondary:

Abs

Stand tall holding onto a pole or stationary object for support.

Engage your abs as you swing your one leg as far out in front of you and then back behind you as you comfortably can.

Switch sides once you have completed repetitions on the first leg.



Side Lateral Leg / Hip Swings

Primary muscle group(s):

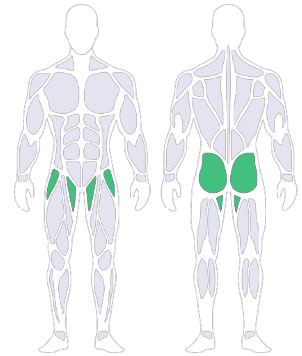
Glutes & Hip Flexors

Stand tall holding onto a pole, wall or stationary object for support.

Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.

Don't just let gravity pull the leg – actively use the muscles!

Switch sides once you have completed repetitions on the first leg.



Front Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Abs, Calves, Glutes & Hip Flexors

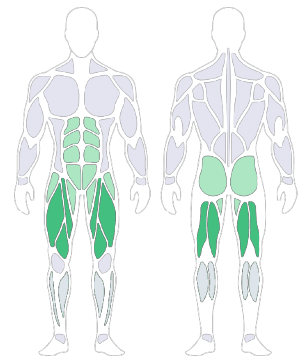
Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right front is behind you.

Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.

Begin by extending your right leg up, leading with your knee.

Next, extend your foot out. Immediately, retract it back to the starting position.

Repeat on the other side.



Squats to Side Leg Raises / Lifts

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Hamstrings

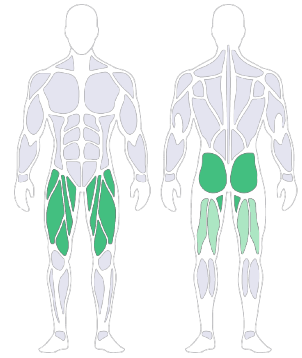
Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Bend at the knees and drive your hips back as if you're sitting in a chair. Continue to lower your body until your upper legs are parallel to the floor.

Then drive your hips forward and push through your quads and glutes to return to a standing position.

Just as you reach the standing position, lift your chosen leg out to the side; it should be straight.

Lower your leg back so that you return to the starting position and repeat for the other side!



Air Squats

Primary muscle group(s):

Quadriceps

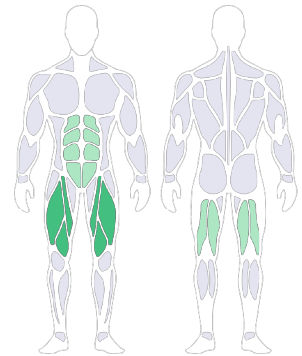
Secondary:

Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



Duck Walks / Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

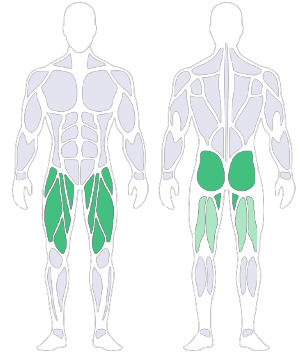
Hamstrings

Stand with your feet slightly wider than shoulder width apart. Bend your knees and bring yourself down into a squat until your thighs are parallel to the floor.

Keep your chest up, your eyes focused straight ahead, and your core engaged.

Take mini, duck-like steps forwards and backwards for the designated number of reps.

Quack quack.



Cat Back / Backward Camel Stretch

Primary muscle group(s):

Lower Back

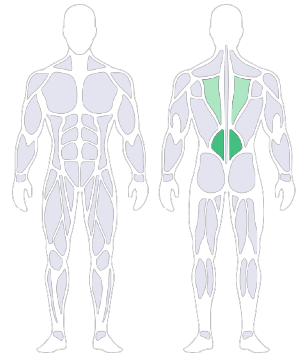
Secondary:

Upper Back & Lower Traps

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and extend your spine.

Hold the stretch and then release, push your abs back outwards to the starting position, flexing your spine as you do so.



Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):

Lower Back

Secondary:

Abs

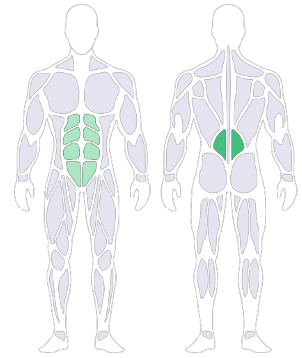
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

⚠ This exercise can be done using one arm and it's opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.



Striking Cobra

Primary muscle group(s):

Abs, Obliques, Shoulders, Spine

Secondary:

Biceps, Middle Back / Lats, Triceps, Wrists

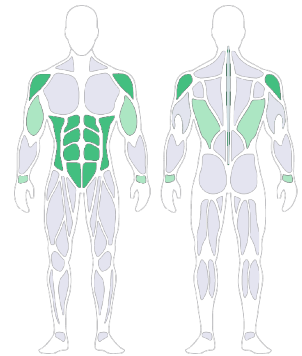
Begin in Extended Child's Pose: sit back on your heels and reach your arms in front of you. Bring your hands shoulder-width apart.

With an inhale, lift your hips, bend your elbows and slide your chest forward along the floor. Then press into your hands and reach your chest forward and up, coming into Extended Cobra.

With an exhale, lift your hips and push yourself back into Extended Child's Pose.

Repeat this movement.

Modification: Rise only into Low Cobra, keeping your belly on the floor and elbows bent.



Scorpion Stretch

Primary muscle group(s):

Lower Back

Secondary:

Glutes & Hip Flexors

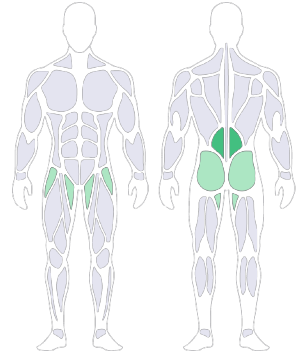
Lie face down on a mat or soft surface.

Place your hands at your sides for balance.

Keeping your shoulders touching the ground, raise the left foot straight up into the air.

Bend at the knee and bring your left foot over to your right side. Tap the ground with your toes.

Return the left leg to the ground and repeat on the other side.



Windshield Wipers

Primary muscle group(s):

Abs, Obliques

Lie on an exercise mat, keeping your back flat with no arching of the spine.

Extend your arms out beside you at shoulder level, with your palms pressed firmly to the floor. Your upper body should form a “T” shape.


Raise your feet off the floor by bending your hips and knees to 90 degree angles. This is the start position.

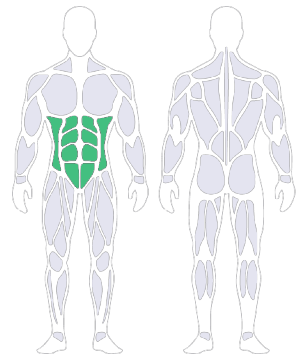
As you exhale, rotate both your thighs to one side until the outer thigh touches the ground or until you feel a stretch in your abs and lower back.

Pause briefly, then rotate to the other side without pausing in the start position.

When you have rotated to both sides, that is one repetition.

Repeat for the desired number of repetitions.

 This exercise has 3 levels of difficulty: Beginner – with the knees and hip bent as described above; intermediate – feet up with knees at 90 degrees but the hips remaining in a neutral position; advanced –legs straight and hips bent at 90 degrees so your body forms an “L”.



Lying Leg Raises / Lifts

Primary muscle group(s):

Abs

Secondary:

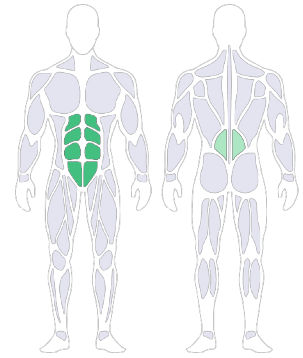
Lower Back

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Primary muscle group(s):

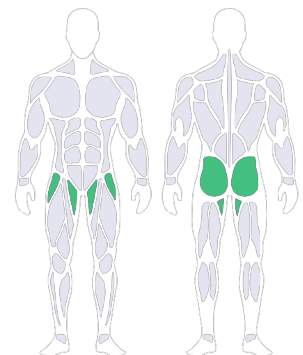
Glutes & Hip Flexors

Lie on your right side on top of a yoga mat or other soft surface.

Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.

Slowly lift the left leg into the air, keeping it straight during the exercise.

Slowly lower your left leg. Complete the set then repeat with the other leg.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

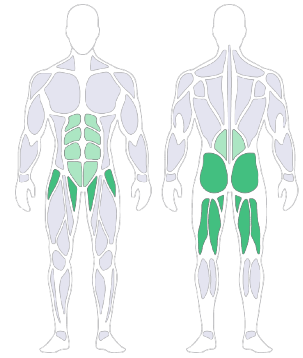
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through you heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Dead Bug

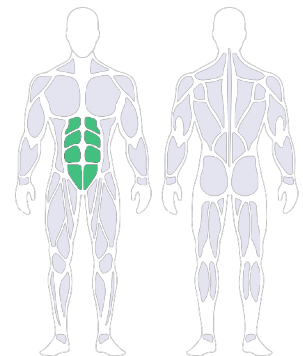
Primary muscle group(s):

Abs

Lie on your back. Extend hands straight above towards the ceiling. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Exhale and bring hips off the floor.

Begin by extending one leg forward. The foot should be hovering just above the ground.

Pause then return the leg to it's starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.



Donkey Kicks

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

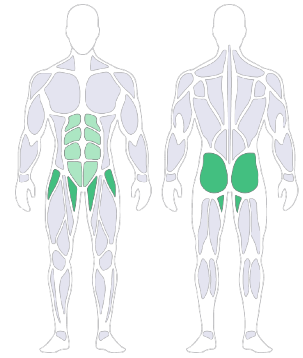
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



Fire Hydrants / Abductor / Adductor Knee Raises

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

Position yourself on all fours on a mat with your palms flat and shoulder-width apart.

Place your knees hip-width apart and bend them at a 90 degree angle.

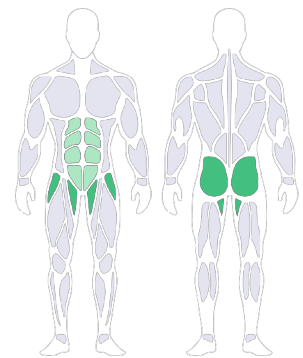
Try to relax your core so that your back and abs are in a natural position.

Maintain this posture as you raise your right knee and bring it as close to your chest as you can.

Now raise your right thigh out to the side, keeping the hips still.

Kick your raised leg straight back slowly until it is in line with your torso.

Reverse the movement to return to the starting position.



Groiners

Primary muscle group(s):

Glutes & Hip Flexors

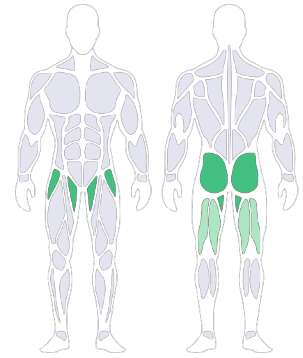
Secondary:

Hamstrings

Begin in a push-up position with your hands directly beneath your shoulders. Your legs will be straight behind you and your core will be contracted.

Maintain a flat back as you bring your right foot forward and place it next to your right hand. Bend the left knee.

Hold this stretch for 20 to 40 seconds. Return your right foot behind you and bring your left foot forward. Continue alternating.



Kneeling Hip Flexor Stretch

Primary muscle group(s):

Glutes & Hip Flexors

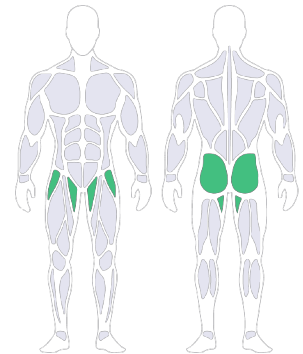
Step forward with the left leg as your right knee comes all the way to the ground.

Flatten your right foot out so the toes are pointing behind you.

Placing your hands on your sides, gently push your hips slightly forward.

You will feel the stretch in your right hip flexor.

Switch sides and repeat.



Butterfly Stretch

Primary muscle group(s):

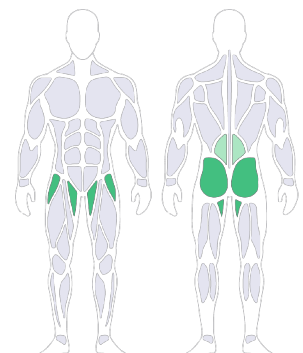
Glutes & Hip Flexors

Secondary:

Lower Back

While sitting on the floor with a straight back and tight core, bring each foot inward. Feet should be touching and your legs should make a diamond shape.

Grab your feet with your hands. Place your elbows on the inside of your knees. Slowly lean forward from the hips. Once you feel the stretch in your hip flexors, hold for 15 to 30 seconds. Slowly rise and repeat.



Wide Angle Seated Forward Bend

Primary muscle group(s):

Calves, Hamstrings

Secondary:

Glutes & Hip Flexors, Lower Back, Spine

Sit with your legs stretched in front of you. Open your feet as wide as possible. Point your toes up.

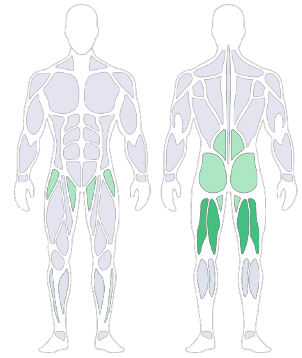
Walk your arms forward with an exhale. Grasp your big toes with your index fingers. Breathe here for a moment.

Bend forward from your hips with an exhale and hold the outsides of your feet. Relax your neck.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

Modification: Stay upright and walk hands forward as much as possible without straining.



Inchworms / Walkouts

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Lower Back

Secondary:

Biceps, Calves, Chest, Forearms, Shoulders

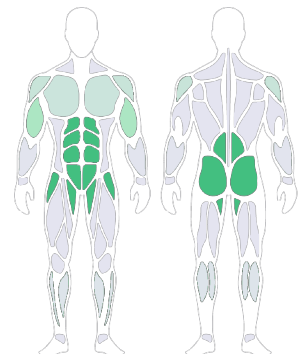
Stand tall with your legs extended straight.

Bend over from the hips and touch the floor with your palms flat on the floor.

Keep your legs straight as you walk your hands as far forward as you can. Don't let your hips sag.

Take small steps and walk your feet to your hands.

Continue for the desired amount of repetitions and then straighten up to the starting position.



Wall Angles

Primary muscle group(s):

Quadriceps, Shoulders

Secondary:

Abs, Hamstrings

Stand against a wall with your feet at shoulder-width. Walk your feet out about 2 or 3 steps. There will be a bend in your knees.

Keep your core tight as you raise your hands up and next to your ears. Place your shoulders and arms against the wall.

Push your arms above you, maintaining contact with the wall. Slowly, lower your arms and immediately begin again.

