



I Challenge You

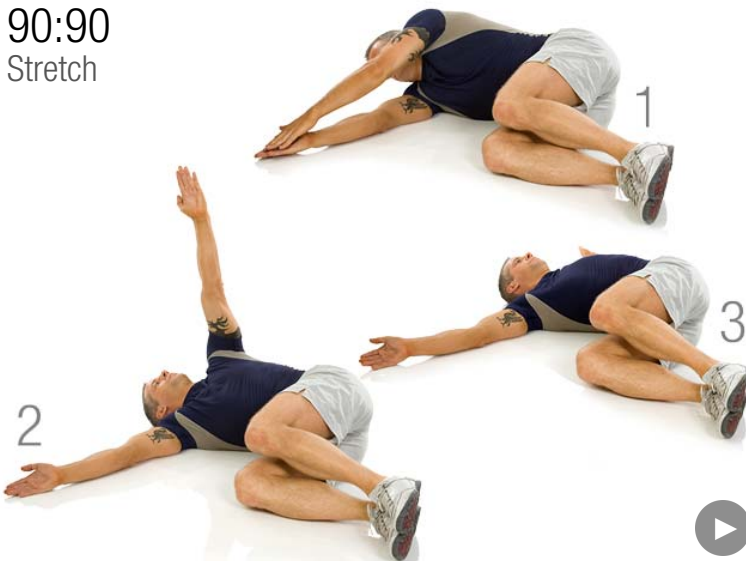
Work this mobility routine in to your daily schedule as needed. I recommend doing this routine each morning to get yourself moving early in the day, or mid-day when you are looking for a break.

A daily mobility routine! These exercises are for active stretching and joint mobility. This routine will get you moving through exercises for your shoulders, chest, back, and hips.

Remember to lightly fire the muscles that are being stretched in each position to gain long term strength and control in that muscle's range.

Equipment: Bodyweight

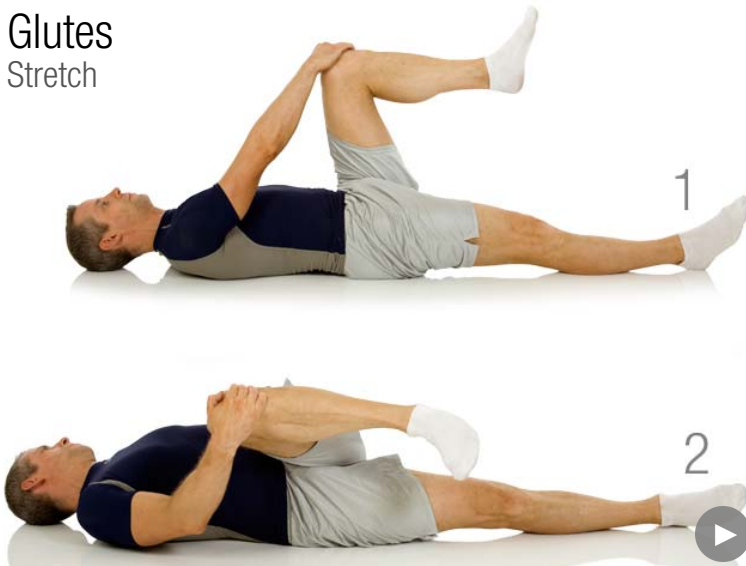
90:90 Stretch



- 1 - Lie on your side with your arms together on the floor in front at shoulder height.
 - 2 - Raise one arm straight up to a 90 degree angle and look up at your hand.
 - 3 - Lower this arm straight down to the floor on the other side.
- Return this arm back to the start position.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10		60.0	Complete 10 reps per side. Your 10 reps should take you roughly 60 seconds to finish. Add a couch cushion between your knees to help maintain proper position for the legs. Keep your bottom leg on the floor and try to open your chest to the ceiling.

Glutes Stretch



- Lie on your back with both legs straight.
- 1 - Raise one leg up, bending at the knee and place your opposite hand on it.
 - 2 - Gently pull your bent leg across the other leg and down towards the floor.
- Keep both shoulders on the floor throughout.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10		60.0	Complete 10 reps per side. Your 10 reps should take roughly 60 seconds to finish. Keep both shoulders on the floor as you turn the hips over. Hold for a couple seconds and return to your original position.

Adductors
Stretch



- 1 - Start on all fours with your back flat.
- 2 - Slowly spread your knees out to the sides and your lower body toward the floor.

#	REPS	WEIGHT	TIME	NOTES
1	10		60.0	Complete 10 reps. Set up in a wide stance while keeping the knees and ankles the same distance away from each other. Lightly rock your hips back and hold for 5-10 seconds. Bring your feet closer together for an easier range of motion.

Back
Stretch



- 1 - Start on all fours on the floor with your back slightly rounded.
- 2 - Arch your back, pulling your abdominals up and in, raising your shoulders and lowering your head.

#	REPS	WEIGHT	TIME	NOTES
1	10		60.0	Complete 10 reps. Inhale as you drop your chest to the floor and squeeze your shoulder blades. Exhale as you slowly tuck your pelvis, round your back, and tuck your chin. Move slowly through each rep and time the movements with your breathing.

Forearms
Forearms



- Kneel on the floor with your arms by your sides.
- 1 - Place your hands on the floor, externally rotating them so your fingers point towards your knees and your thumbs point outward, then gently lean forward.
- Hold, then relax and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10		60.0	Complete 10 reps with the palms on a flat surface. Add a few reps rocking side to side without lifting any fingers or edges of your palms.

Hip Flexors Stretch



- 1 - Place one knee on the floor and step forward with the other foot into a lunge.
 - 2 - Lean your weight forward into your front foot, lowering the hip of the back leg toward the floor.
- Keep the front foot flat throughout.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10		60.0	Complete 10 reps, holdign for roughly 5-8 seconds each rep. A great queue here is to squeeze the glute of the trail leg before moving the hips forward into tension. You should be feeling the muscle tension on the front of the hip of the trail leg, not in the lower back.

Instep Lunge Stretch



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step forward, dropping your back knee to the floor and leaning your torso forward, reaching your elbow inside your front leg and placing your opposite hand on the floor.
 - 3 - Push off your front foot to return to the start position and repeat on the opposite side.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10		60.0	Complete 10 reps moving with your breath. You want to feel this in the lead leg's groin and hamstring area.

Glutes Stretch



- 1 - Sit upright with one ankle on the bent knee of the opposite leg and your hands on your hips.
 - 2 - Gently lean your upper body forward, dropping your chest toward your knee.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10		60.0	Complete 10 reps and hold each rep for 5-8 seconds. Sit tall in your start position and slowly tilt your pelvis forward as you lean your chest towards the leg. Try keep a straight back through this movement.

Seated Back Stretch



- Sit upright in a chair.

1 - Bend over at the waist, lowering your head and hands towards the floor, rounding your back.

#	REPS	WEIGHT	TIME	NOTES
1	10		60.0	<i>Complete slow 10 reps. Take a deep inhale. As you exhale, slowly curl forward and try to place your hands on the floor. Once you reach your end range of the movement, hold that position for another deep inhale. As you exhale, let your body fold even further to the floor.</i>

Hamstrings Stretch



- 1 - Stand upright holding onto a stable object such as a bar or pole.

2 - Squat down, bending at the hips and knees to lowest possible position & hold.

#	REPS	WEIGHT	TIME	NOTES
1	10			<i>Finally, time to get into your squat positions. With you feet flat and back straight through each rep, slowly lower your hips into your squat. Try to move thorough a little bit more range each squat. Hold each squat for roughly 5-8 seconds with minimal assistance from the upper body.</i>