



Program introduction



Why have we created a mobility program? To reinforce efficient movement patterns, you must be able to **move** efficiently. Limitations in movement that come from poor soft-tissue quality and/or mobility are a significant barrier to movement quality and need to be addressed if we hope to perform optimally. If your hips are not mobile enough to get into proper positions, you will not be successful in transferring maximal force to the barbell. This is what we call a “strength leak”. you transfer energy less efficiently into your movements.

The **Lower Body Mobility Program** is designed to improve movement quality of the hip complex and lower extremity for optimal performance. The program provides mobility and stability work applied using a Joint/Region Above and Joint/Region Below approach: by ensuring appropriate mobility and stability of the joints/regions above and below the hip, we can better set the stage for improving hip mobility.

While the focus is on mobility, this program is built upon a Mobilization-Activation-Integration strategy. The objective of the mobilization sequence is to create space, and as this is a mobility program, most of the focus lies there. However, we have included activation as well to make it easy to integrate this into your usual workout prep. The program is 12-weeks long and the exercises take 12-15 minutes to complete. Most of the exercises do not require equipment, but you will need: a medium to heavy resistance band and some free weights (kettlebells, dumbbells, a barbell).



Program Overview



This program is designed to improve movement quality of the hip complex and lower extremity for optimal performance.

- The program is 12-weeks long
- The plan is designed as a workout preparation add-on for lower body work



PHASE 1 | WEEKS 1-4



If we hope to improve the mobility of the hips, we need to address the mobility-stability of the lower back and pelvis. In **Phase 1** of the **Lower Body Mobility Program**, we mobilize the lumbar spine through flexion and extension, teaching the body to access and control these ranges of motion, while mobilization of the pelvis helps balance out the glutes and hip flexors for better positioning. The Mobilization sequence is followed up with Activation and Integration exercises to address the motor control component of mobility, essentially helping you own your new-found range of motion.

If you are performing the exercises stand-alone on a recovery day, you may include one extra set of each exercise.

If you are using the program as an Add-on to your usual training regimen, it is meant to be used as a workout prep. As you will see, the tail end of the integration phase is where you begin your session specific warm-up (ramp-up sets or other nervous system prep).

MOBILIZATION – PART 1

SOFT TISSUE WORK:

If you have area(s) of greater tightness, you may start by working this/these area(s) for 1-2 minutes each using a foam roller, Tiger tail or ball:

Lower back
Hip flexors
Quads
Hamstrings
Calves

EXERCISE	METHOD / TEMPO	SET	REP / DURATION	NOTES
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MOBILIZATION - PART 2

A.	<u>Low Cat-Camel</u>	Slow, assist and hold	1	10-12 reps	Slow and hold = Hold light pressure at end range of motion for max 2-3 sec
B.	<u>Active-Assisted Straight Leg Raise</u>	Slow, assist and hold	2	2 sets of 10-12 reps / side	Slow, assist and hold = Assist with band/strap at end range and hold for max 2-3 sec
C.	<u>Supine scorpion</u>	Slow	1	1 set of 10-12 reps / side	
D.	<u>Shin boxes (with support)</u>	Slow and hold	2	6-8 reps / side	Slow and hold = Hold light pressure at end range of motion for max 2-3 sec

ACTIVATION

A.	<u>Lunge stretch with glute activation / band assistance</u>	Slow	1	1 set of 15-20 reps / side	*Keep the glutes contracted and posterior pelvic tilt
B.	<u>Cook hip raise</u>	Slow and pause	1	1 set of 12-15 reps / side	Slow and pause = Pause at top

INTEGRATION

A.	<u>Goblet squat + press-away</u>	Slow and hold	2	10 reps	Slow and hold = Hold bottom (with weight pressed away) for 2-3 sec
B.	Session-specific warm-up preparation			10-15 min	Move into your session-specific warm-up. Make sure to include additional specific activation (sympathetic) work

Note on rep range: Reps should be slow and controlled, as should your breathing. As a guideline, it should take you close to 1 minute to perform the number of prescribed reps. If it takes you significantly less time, you are moving too quickly through the range of motion.

Note on pressure: It is important to push slightly beyond the range of motion that you can easily access. When you get to the end range that is easily accessible, push/press into the resistance you feel there and hold for 2-3 seconds. Do not push too hard and/or hold your breath here.

PHASE 2 | WEEKS 5 – 8

Phase 2 of the **Lower Body Mobility Program** is the natural progression from Phase 1. We continue to include multi-segmental movement of the spine, but with a greater emphasis on the rotation component and greater contribution from the hips. The Activation and Integration exercises continue to target the glutes.

If you are performing the exercises stand-alone on a recovery day, you may include one extra set of each exercise.

If you are using the program as an Add-on to your usual training regimen, it is meant to be used as a workout prep. As you will see, the tail end of the integration phase is where you begin your session specific warm-up (ramp-up sets or other nervous system prep).

MOBILIZATION – PART 1

SOFT TISSUE WORK:

If you have area(s) of greater tightness, you may start by working this/these area(s) for 1–2 minutes each using a foam roller, Tiger tail or ball:

- Lower back
- Hip flexors
- Quads
- Hamstrings
- Calves

EXERCISE	METHOD / TEMPO	SET	REP / DURATION	NOTES
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MOBILIZATION - PART 2

A.	<u>Child's pose clocks</u>	Slow	1	1 set of 10-12 reps	
B.	<u>Lunge and twist</u>	Slow and control	1	1 set of 6-8 reps / side	Slow and control = Hold end position for 2-3 sec
C.	<u>Dragon lunge</u>	Rock and hold	2	2 sets of 8-10 reps / side	Rock and hold = Rock back and forth with brief pauses at end ranges
D.	<u>Shin box + Hip raise</u>	Slow and hold	2	2 sets of 12-15 reps / side	Slow and hold = Hold top position for 2-3 sec with light pressure into the rotation component

ACTIVATION

A.	<u>Bulgarian Split Squat holds</u>	Hold bottom	2	20 sec	Hold bottom = Hold bottom position for 20 sec, maintain tension in the non-support (stretch) leg
B.	<u>Torso supported glute press</u>	Slow and pressure	2	8-10 reps	Slow and pressure = Press the heel towards the ceiling at end range

INTEGRATION

A.	<u>Good morning to squat</u>	Slow and controlled with pause	2	2x10 sec in each position (pronation/supination) (Rest 20s)	Slow and controlled with pause = Pause 2-3 sec at bottom of squat position
B.	Session-specific warm-up preparation			10-15 min	Move into your session-specific warm-up. Make sure to include additional specific activation (sympathetic) work

Note on rep range: Reps should be slow and controlled, as should your breathing. As a guideline, it should take you close to 1 minute to perform the number of prescribed reps. If it takes you significantly less time, you are moving too quickly through the range of motion.

Note on pressure: It is important to push slightly beyond the range of motion that you can easily access. When you get to the end range that is easily accessible, push/press into the resistance you feel there and hold for 2-3 seconds. Do not push too hard and/or hold your breath here.

PHASE 3 | WEEKS 9-12

Phase 3 of the **Lower Body Mobility Program** challenges your ability to actively access isolated end ranges of motion of the hip while keeping the torso fixated. The Activation and Integration exercises continue to prepare you for loading the hips through full range of motion.

If you are performing the exercises stand-alone on a recovery day, you may include one extra set of each exercise.

If you are using the program as an Add-on to your usual training regimen, it is meant to be used as a workout prep. As you will see, the tail end of the integration phase is where you begin your session specific warm-up (ramp-up sets or other nervous system prep).

MOBILIZATION - PART 1

SOFT TISSUE WORK:

If you have area(s) of greater tightness, you may start by working this/these area(s) for 1-2 minutes each using a foam roller, Tiger tail or ball:

- Lower back
- Hip flexors
- Quads
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EXERCISE	METHOD / TEMPO	SET	REP / DURATION	NOTES
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MOBILIZATION - PART 2

A.	Bretzel 2.0	Rock and hold	1	1 set of 8-10 reps / side	Rock and hold = Rock back and forth with brief pauses at end ranges
B.	Heel-to-knee / Knee-to-knee	Slow and control	1	1 set of 8-10 reps / side	Slow and hold = Hold end position for 2-3 sec
C.	Active thread the needle	Slow and hold	2	2 sets of 8-10 reps / side	Slow and hold = Hold end position for 2-3 sec
D.	90/90 internal rotation	Slow and hold	2	2 sets of 8-10 reps / side	Slow and hold = Hold light pressure at end range of motion into rotation for max 2-3 sec

ACTIVATION

A.	Half-kneeling to long lunge	Slow and hold	2	8-10 reps	Slow and hold = Extend the knee to lift it off and hold end position for 2-3 sec
B.	Glute bridge with hip sweep	Slow and controlled with pause	2	8 reps	Slow and controlled with pause = Pause 2-3 sec in each end position

INTEGRATION

A.	Loaded squatting knee drops	Slow and controlled	2	6-8 reps / side	
B.	Session-specific warm-up preparation			10-15 min	Move into your session-specific warm-up. Make sure to include additional specific activation (sympathetic) work

Note on rep range: Reps should be slow and controlled, as should your breathing. As a guideline, it should take you close to 1 minute to perform the number of prescribed reps. If it takes you significantly less time, you are moving too quickly through the range of motion.

Note on pressure: It is important to push slightly beyond the range of motion that you can easily access. When you get to the end range that is easily accessible, push/press into the resistance you feel there and hold for 2-3 seconds. Do not push too hard and/or hold your breath here.

Congratulations for committing
to the **Mobility Program**! We hope you got out
of this program
what you were looking for!

Please share on social media!

