

The Edge Strength + Conditioning

The **Mobility Program**

**Better
Movement =
Better
Lifestyle**



THE FOUNDATION OF HEALTH STARTS WITH STRENGTH

Welcome

Within this program you are going to discover proven methods to effectively Mobility program will start getting you Strong in the shortest amount of time possible.

I am excited to be sharing this information with you and to help you in your road of getting amazing results.

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Disclaimer

Before you start this exercise program you must get your doctor/physicians approval.

This product is for informational purposes only and is not meant as medical advice, nor is it a substitute for medical advice.

This program is designed for fit and healthy individuals over the age of 18 only.

Performing exercise of all types can pose a risk to the exerciser.

We advise that you should take full responsibility for your own health and safety.

Before exercising make certain your equipment is in good condition and be sure to know your own physical limits.

Adequate warm up and cool downs should be undertaken before and after any exercise.

Do not perform any of the exercises in this program until you have been shown proper technique by a qualified fitness professional.

If you experience any pain, discomfort, light-headedness, dizziness or you become short of breath, stop exercising immediately and consult your doctor/physician.

The author and publisher of this book are not responsible in any manner whatsoever for any injury which may occur through reading and following the Instructions herein.



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About Coach Jason Depaoli



Introduction

If you're a father it can be tough work! Kids are so energetic, and well, as long as we're being honest, you're not as fit as you used to be!

Not only that, but it seems that years of wear and tear on your body is starting to catch up with you. Each new niggling injury makes it that little bit harder to muster up the capacity to spend quality time playing with your kids...and it's killing you!

You want to be there to play with your kids.

You want to be the hero that they see you as.

You want to be able to move like a ninja, and not like a crowbar!

Well, I'm here to tell you that you can do all of this. In fact, I'm going to show you exactly how you can do it, and do it in 10-minutes or less per day!

How am I going to do that?

By introducing you to your new mobility program. Improving your mobility is how you're going to begin to move better, feel better, and get rid of that pain that's stopping you from doing the things that you want to.

So read on, move well, and use your newfound powers for good, and not evil.



The Mobility Program

What Is Mobility?

The term mobility simply refers to how easily you move. So it's based around movement, and that is its key distinction. You see mobility is, in my opinion, often misunderstood.

Whenever I mention the word mobility, most people immediately lump it into the same category as flexibility. The two terms seem to be used interchangeably, yet actually have different meanings.

So Have you ever wondered about the difference between **mobility** and **flexibility**? Fortunately, there is a simple explanation.

Flexibility refers to the ability of your soft tissue (muscles) to stretch. Mobility, on the other hand, is an umbrella term for the many elements that contribute to movement with full range of motion, including restricted muscle tissue, joints, the joint capsules, motor control, AND your soft tissue.

In other words, flexibility is part of mobility, and mobility is an umbrella term that includes flexibility..

And that's because I'm more concerned about movement. How someone moves dynamically (not when they're relaxed) is of much greater use to that person than how well they can relax into a stretch.

Think about it, do you ever injure yourself when you're lying on your couch? I'm guessing not. Do you ever get niggling pain from that same couch? Probably not.

OR, - Do you get injured when your competing in sports, tripping over, or doing something that involves moving? Do you pick up niggling pain after a session at the gym?

The reality is that people are lacking in basic movement fundamentals, and that's causing a lot of the pain and injuries that are so prevalent nowadays.

So what can we do about it?

Well, not wanting to make this sound so stupidly simple, but we've got to work on your mobility!

And that's exactly what I'm going to show you how to do now.



The Mobility Program

The Program

All right, I don't want to spend any more time on filler – so let's get into the program!

Below you're going to find a series of 10 exercises that are going to improve your movement, decrease your injuries, and make you feel amazing! And the best part is that it requires very little space, no equipment, and can be done in less than 10-minutes!

How's that for awesome?

I want you to use the following routine as a replacement to your current warm up prior to any training sessions you might do, and if you find that you're really restricted and 'tight', then you should also go through it on your OFF days, so that you can break through the restriction (it will also help burn a few extra calories a week, too).

Your New Mobility Program

1. Wall Hip Flexor Mobilisation
2. Half-Kneeling Rockback
3. Wall Ankle Mobilisation
4. Glute Bridge with reach
5. Yoga Push Up
6. Cross-Behind Reverse Lunge
7. Scapular Wallslide
8. Lateral Squat
9. No Money Drill
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12. 4 Dead Bug Floor Slides
13. Triple T-spine Rotation
14. Shoulder CAR (Controlled Articular Rotation)
15. Worlds greatest stretch

Pick At least 4-5 Exercises, If your going to do a Upper body workout then pick mainly Upper body Mobility Exercises.

Begin with about 6-10 reps per side per exercise, Depending on your ability

You'll find photos and descriptions for all of the exercises above on the ensuing pages.



The Mobility Program

I. Wall Hip Flexor Mobilisation

What's It For?

To improve movement capacity of the hip flexor complex; a real nasty muscle group that gets nice and tight from being stuck in a seated position for extended periods of time.

This is a real problem area for many office workers.

Set Up

Set up in a half-kneeling position lunge position (as shown in the picture above), facing a wall, with a pad or towel underneath your knee for comfort.



Reach around and hold the foot of the back leg, and then pull your heel to your butt.

Balance yourself by holding the wall in front of you. Your hips should be square with the wall at all times.

Execution

Before you begin the movement, I want you to squeeze the glute of the side with the down knee as hard as you can, as well as brace your core.

Push forward at the hips until you feel a mild stretch in the front of your hip. and then Rock forward and back

Hold at the end position for a 1-second count, and then gently return to the starting position.

All repetitions should be smooth and controlled; don't ever 'jerk' a mobility exercises.

To view this Exercise Go to this Video: <https://youtu.be/v5sCmha128c>



The Mobility Program

2. Half-Kneeling Rockback

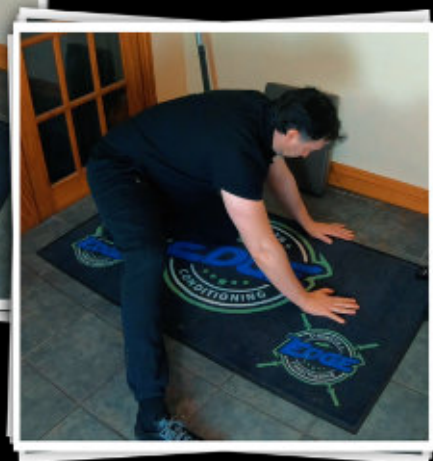
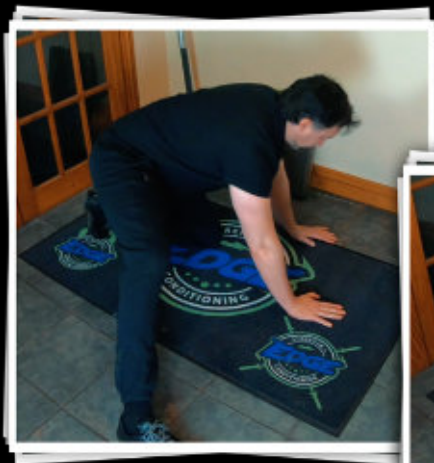
What's It For?

To improve hip mobility, particularly in the adductor complex. This movement also teaches the body to create its movement through the hips, and not the lower back thereby reducing lower back pain, and making it easier to go through movements such as squatting.

Set Up

Set up on all fours, with your shoulders directly over your hands.

Bring one leg directly out to the side, ensuring that your leg is straight, and the foot is flat on the ground.



Arch your lower back in order to maintain a good lower back position.

Execution

Maintaining the arch in your lower back, rock backwards until you feel a mild stretch on the inside of your thigh.

Return to the starting position and repeat, ensuring that you always maintain the arch in your back.

To view this Exercise Go to this Video: <https://youtu.be/5C988RnxLRg>



3. Wall Ankle Mobilisation

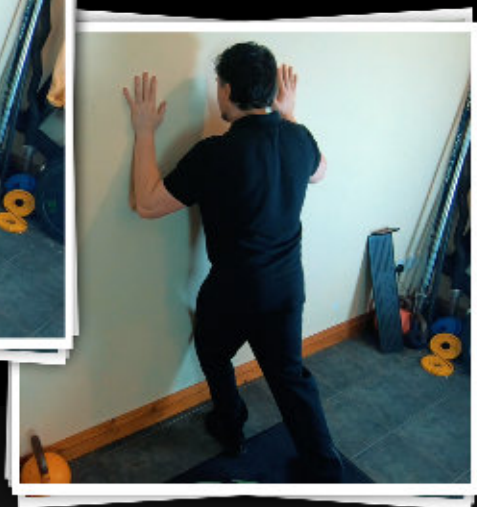
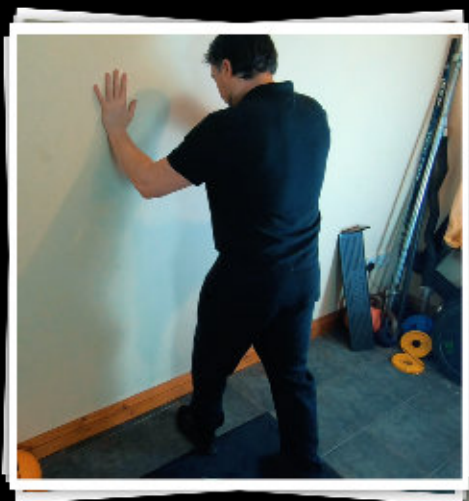
What's It For?

To improve ankle mobility.

Set Up

With your shoes off, stand directly facing a wall, with your hips and feet squared off against it.

Push front knee towards wall until it's just touching it, but keeping heel on the floor (Do not allow heel to raise up, if it does move foot a little closer towards the wall)



Execution

Gently push your knee forward so that it travels over the middle toe of your front foot. Move in and out of this position several times.

If you can easily reach the wall with your knee, move your foot back slightly and repeat the process.

Continue in this fashion until you can no longer keep your heel in contact with the ground.

To view this Exercise Go to this Video: <https://youtu.be/jvofryt7Wdw>



The Mobility Program

4. Glute Bridge with reach

What's It For?

To activate the gluteals, which are generally weak in a mostly sedentary population, and can help to significantly reduce lower back pain.

Set Up

Lie on your back with your knees bent, and feet flat on the floor.

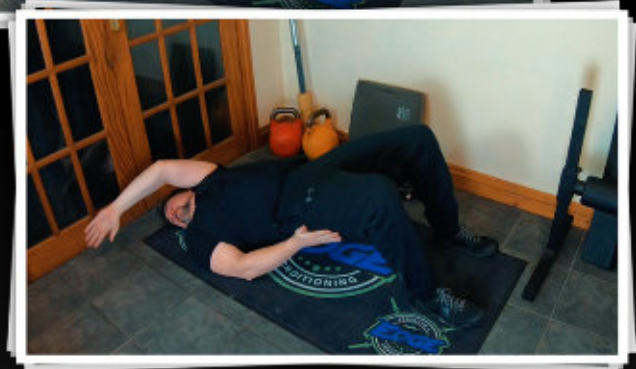
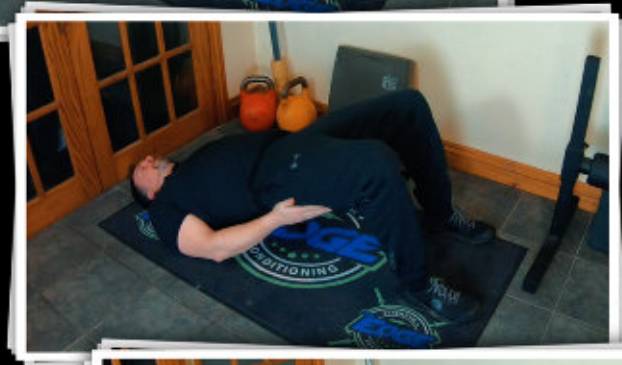
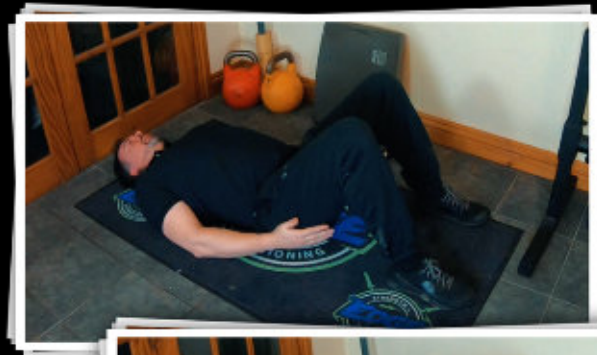
Feet should be around 12 inches apart.

Execution

Begin the movement by squeezing your glutes as hard as you can whilst keeping them on the floor.

From this position, continue to squeeze your glutes in order to lift your hips off the ground; be careful to only lift using your glutes. At the top, extend one arm and reach over to the other side, twisting your torso. Make sure your glutes, not your lower back, are doing most of the twisting..

Lower back down, and without touching the floor with your butt, repeat the process.



To view this Exercise Go to this Video: <https://youtu.be/yi0cB0NSniM>

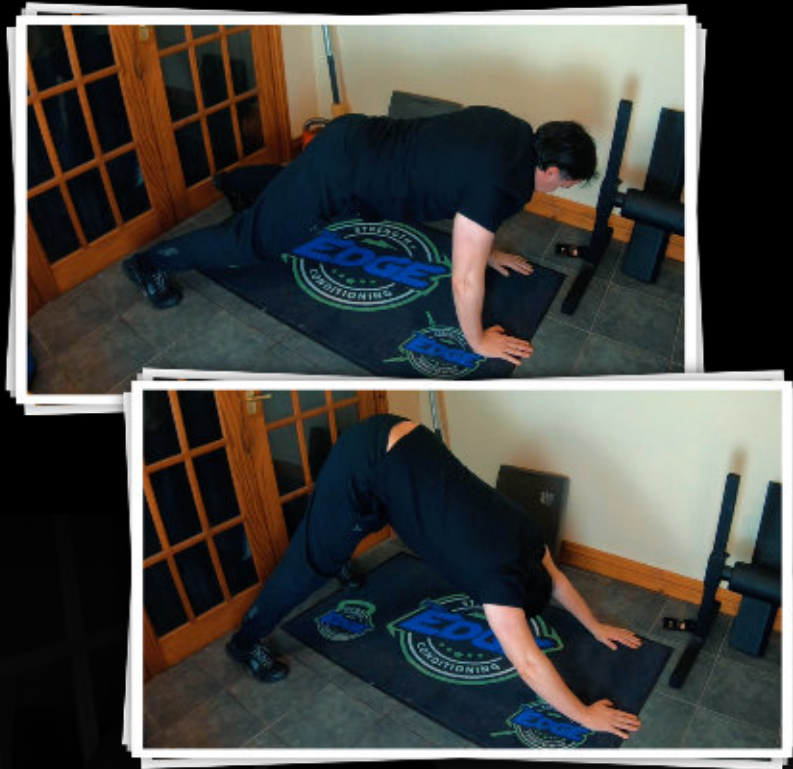


The Mobility Program

5. Yoga Push Up

What's It For?

To mobilise the hamstrings, calves, and upper back. This movement is a 2-for-1 type of movement because it also develops plenty of core strength, as well as having the benefits that we get from the push up component.



Set Up

Start in a push up position.

Execution

Begin the movement with a regular push up. Once you complete the push up you're going to push your hips into the air, while driving your heels towards the ground. Hold for a 1-second count, and return to the starting position.

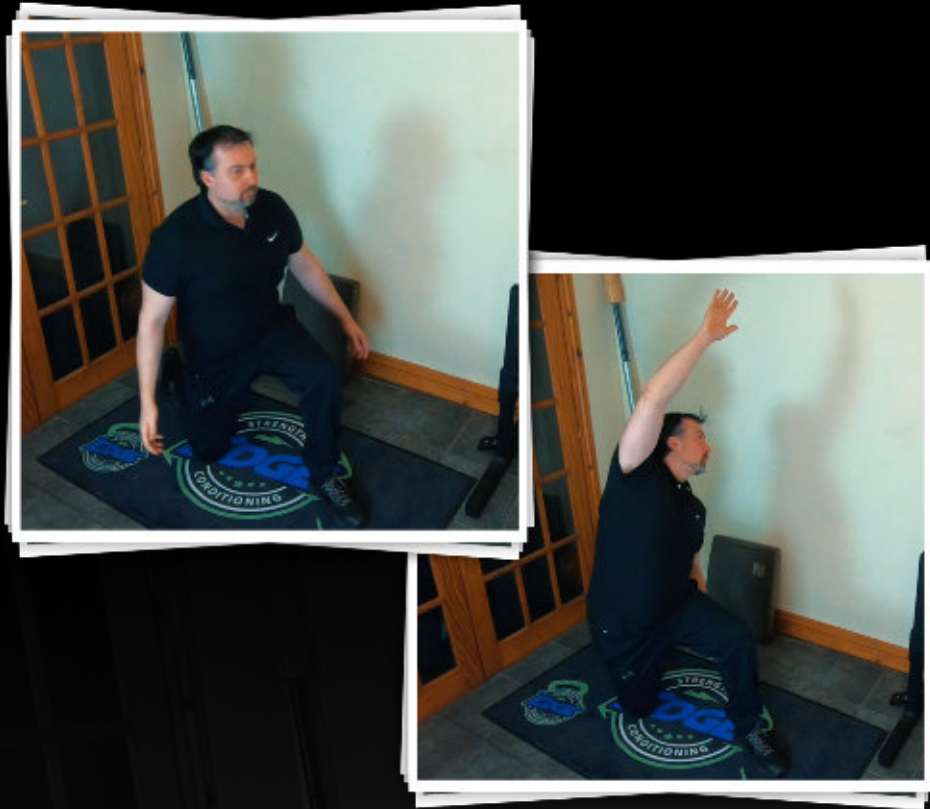
To view this Exercise Go to this Video: <https://youtu.be/MmcapAZQGhU>



6. Reverse Lunge with Reach

What's It For?

To improve hip mobility, as well as co-ordination and balance. This movement is also good for elevating your heart rate prior to a training session.



Set Up

Standing tall, bring your arms stretched up overhead.

Execution

Step back into a regular reverse lunge, except that instead of stepping directly backwards, you're going to step behind the opposite leg.

Be sure to keep reaching high overhead.

Return to the starting position, and repeat.

To view this Exercise Go to this Video: <https://youtu.be/KDeD82uLizM>



The Mobility Program

7. Scapular Wallslide

What's It For?

To activate and improve strength in the typically weak lower trapezius muscle, and to help improve the 'shoulders back' posture.



Set Up

Set up leaning back against a wall. The back of your head, your upper back, and your glutes should be the only three points of contact that you have against the wall.

Move your feet 10-12 inches off the wall.
Raise your arms overhead, and have your hands touching the wall, if possible.

Execution

To begin the movement, slide your arms down the wall by pulling your shoulder blades down and back.

Hold at the bottom for a 1-second count, and return to the top.

The whole movement should be gentle and controlled; focus on the movement at the shoulder blades, not the arms!

To view this Exercise Go to this Video: https://youtu.be/2ianCCQ_cus



The Mobility Program

8. Lateral Squat

What's It For?

To mobilise the hips, particularly the adductor complex. This movement will also add in an element of 3-dimensional movement, because most people don't move laterally much.



Set Up

Set up standing tall with both legs quite far apart, and the feet turned outwards.

Execution

Begin the movement by pushing the hips backwards and shifting your body weight to one side, dropping into regular squatting position on that side.

Be sure to keep the opposite leg straight, with the foot in contact with the ground.

Hold for a 1-second count at the bottom, and return to the starting position.

To view this Exercise Go to this Video: <https://youtu.be/L5m2wMvbXP4>



The Mobility Program

9. No Money Drill

What's It For?

To improve the activation and strength of the external rotators of your shoulder, which improves shoulder stability, posture, and will help prevent injuries.



Set Up

Set up leaning back against a wall. The back of your head, your upper back, and your glutes should be the only three points of contact that you have against the wall. Move your feet 10-12 inches off the wall.

Arms should be flexed to 90-degree, hands next to each other, and palms up.

Execution

To begin the movement, pull the shoulders down and back while moving the hands away from each other.

Only go as far as you can whilst keeping your elbows still; don't get false range of motion. Return to the starting position, and repeat.

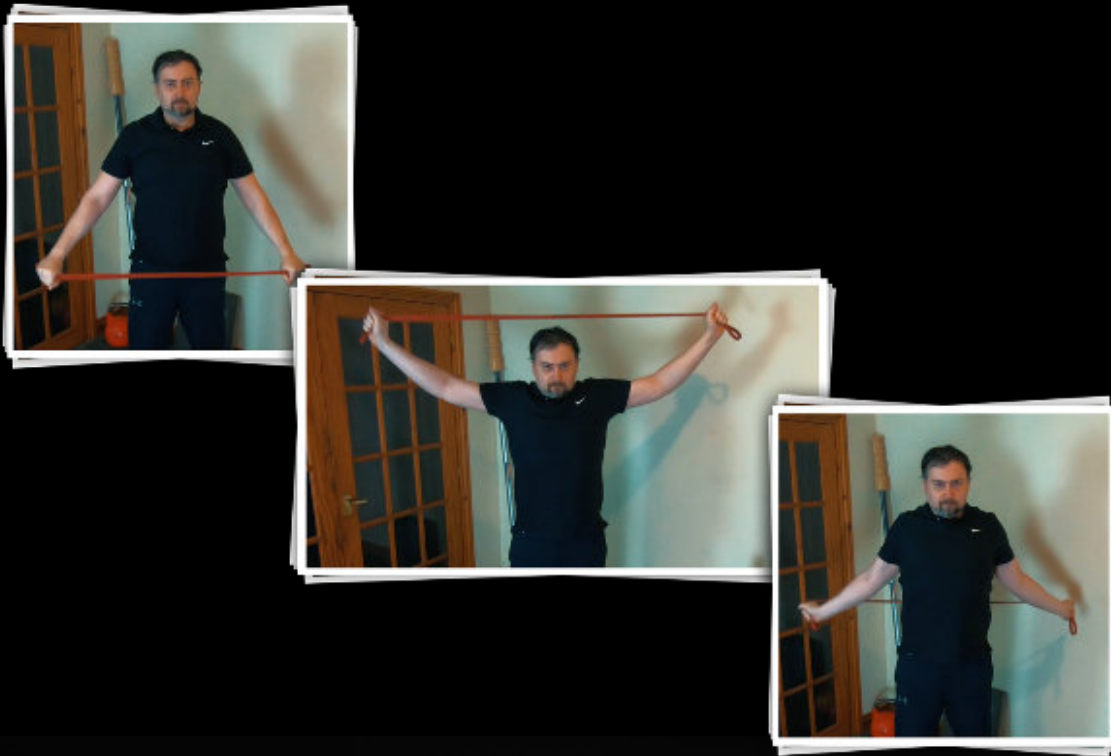
To view this Exercise Go to this Video: <https://youtu.be/5dYp9eoJC-w>



10. Resistance Band Shoulder Dislocation

What's It For?

resistance band shoulder dislocation is a resistance band and stretching exercise that primarily targets the shoulders.



Step up

Hold band at arms length, You can adjust hand position to suit your mobility in this exercise if you can't perform it correctly

Execution

Step 1: Grab the ends of a resistance band with each hand.

Step 2: Hold the band in front of your waist with your hands 6-8 inches wider the shoulder width apart and your palms towards the floor.

Step 3: Rotate your arms up and over your head and down to your lower back.

Step 4: Bring your arms back up over your head down to the front of your waist.

To view this Exercise Go to this Video: <https://youtu.be/xXc4J1MtYf0>



The Mobility Program

II. Standing External hip rotation

What's It For?

The external hip rotation helps loosen up your abductors (outer thigh) and your glutes.



Step up

Stand with your feet hip-distance apart, your hands on your hips.

Execution

Draw your right knee up in front of you to hip-height. With your knee bent, abduct your hip outward as far as you can, so your knee and thigh are pointing to the right. Return your foot to the ground in the starting position and repeat with the opposite leg. Perform the exercise 10 times to each side.

To view this Exercise Go to this Video: <https://youtu.be/loRARjxL-LY>



12. Dead Bug Floor Slides

What's It For?

Wall slides open up anterior muscles like the pecs and engage posterior muscles like the external rotators and shoulder blade retractors . They are a phenomenal exercise for combatting rounded shoulder posture and do wonders for shoulder mobility.



Step up

Start position: On your back with hips and knees at 90, toes pulled up and low back flush with the ground. Brace abs to lock down the spine. Attempt to keep forearms flush with the ground with a 90 degree angle at the elbows.

Execution

Imagine you are performing a behind the neck pulldown. Slide your arms up into a Y position then drive the elbows down, squeezing the lats and depressing the shoulder girdle. Try to keep your forearms flush with the floor and press down firmly throughout the movement.

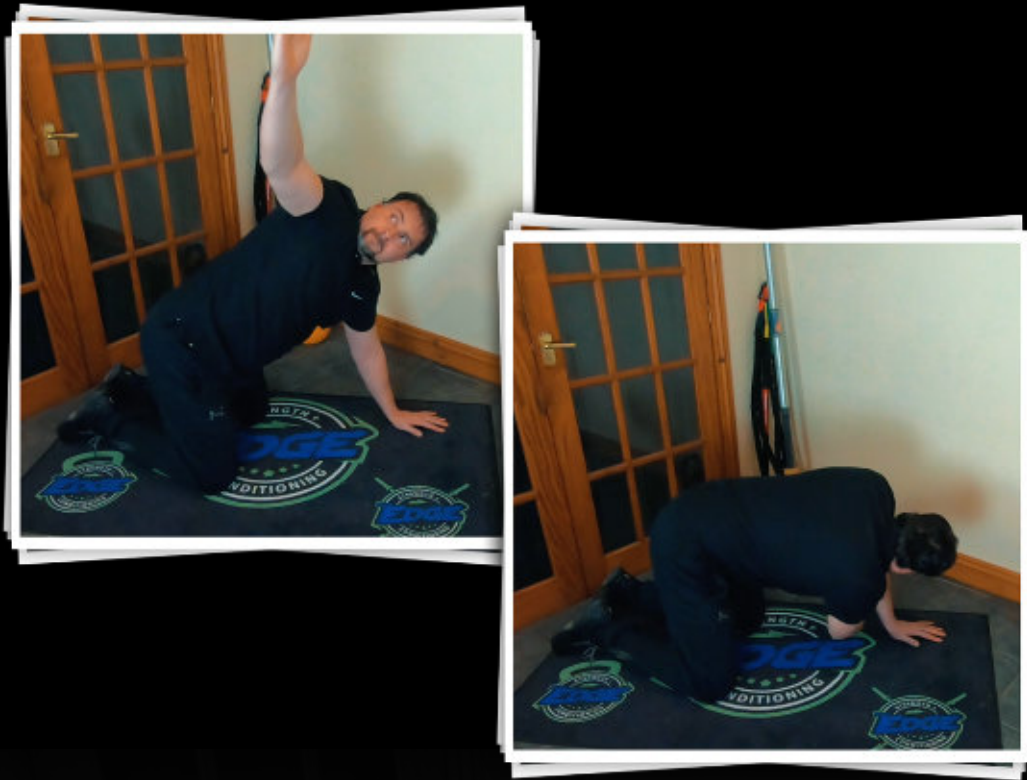
To view this Exercise Go to this Video: <https://youtu.be/aMvntQnjqak>



13. Triple T-Spine Rotation

What's It For?

This exercise increases T-Spine mobility with minimal low back involvement.



Setup

Get into a triple position with the knees under the hips and the hands under the shoulders with the spine in a neutral position.

Execution

Begin to rotate leading with the eyes, head and shoulder as far as possible down toward the hand. Then reverse the motion leading with the eyes, head and shoulder rotating upwards as far as possible and keep the lumbar, thoracic and cervical aligned during rotation.

Return: Bring the hand back to the start position under the shoulder returning to the full triple position after the exercise.

To view this Exercise Go to this Video: <https://youtu.be/p3TUs9BodDs>



The Mobility Program

14. Shoulder CAR (Controlled Articular Rotation)

What's It For?

This shoulder CAR drill involves actively moving the shoulder joint through its greatest rotational range of motion. Moving through a full range of motion is beneficial for many reasons. It signals healthy tissue remodelling, improves motor control and it trains the dynamic stabilising muscles to function at the outer limits of motion. All in all, this exercise does wonders for improving mobility and joint health.



Step up

tall kneeling – straight line from shoulders to knees. Stabilise the body by squeezing the opposite fist, depressing the shoulder girdle, bracing abs and squeezing the glutes.

Execution

Flex the arm straight up until you hit YOUR end range. Shrug up a little and turn the palm down while inwardly rotate the arm. As you reach back, try to keep the arm in the same movement plane without compensating (shoulders rotating or side bending the body). When you reach the hip, the palm should be facing away from your body.

Reverse the motion by extending back then turning the palm up to outwardly rotate the arm. Continue until you're back at the start position.

To view this Exercise Go to this Video: <https://youtu.be/nL9eeDiWoOw>



15. Worlds Greatest Stretch

What's It For?

Target every muscle group in 3 minutes flat this mobility/stretch targets almost all muscles its a fantastic quick exercise to do if you can't do any of the others,

This combination of movement targets the Hip flexors, butt, hamstrings, quadriceps, shoulders, pecs, upper and lower back, internal and external rotators of hips and obliques. Enhances spinal mobility and Synchronises thoracic spine mobility with lumbar spine stability.

Set Up

Set up standing tall, then move into lunge position.

Execution

Start in lunge position, right leg forward, foot flat on floor, knee bent 90 degrees, left leg extended behind you, left ball of foot on floor; hands on floor inside right leg, back flat (as shown).

Next, lift right hand off floor, bend right elbow 90 degrees and reach elbow toward instep of right foot (as shown). Reach as far as you can without rounding back.

Return right hand to floor, then rotate torso to left and extend left arm to ceiling, palm out (as shown). Keep spine long, and continue reaching through back leg.

Return left palm to floor, then, rotate torso to right, pressing through left palm and lifting right hand to ceiling, palm out, eyes follow (as shown).

Drop left knee and toe to floor, place hands on top of right thigh. Squeeze butt and slightly tuck pelvis, then press hands into thigh and push torso away, extending spine as tall as you can (as shown).

To view this Exercise Go to this Video: <https://youtu.be/AQ4UFv-4hv8>



The Mobility Program

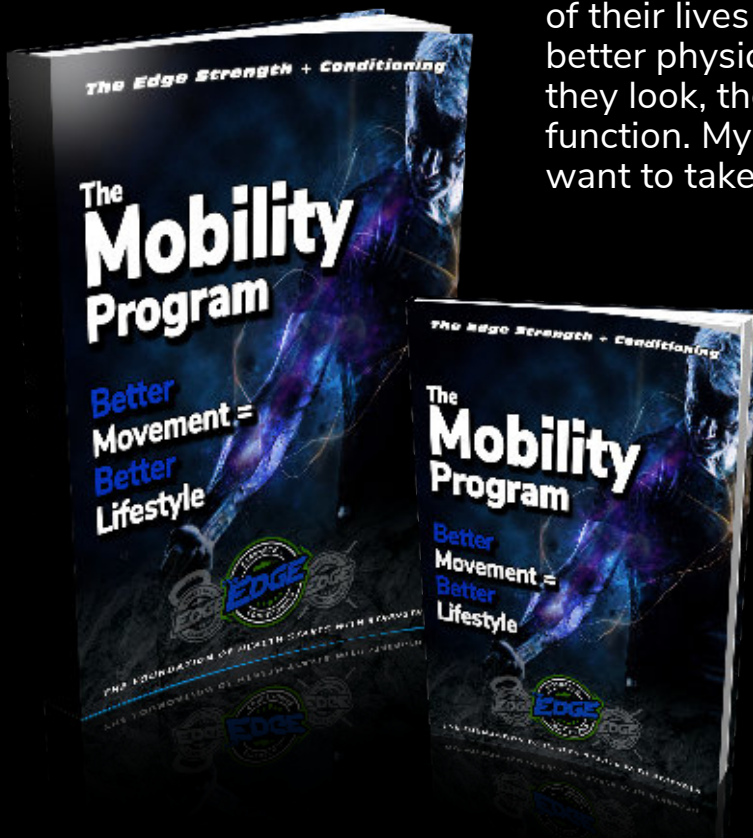


Jason Depaoli

The Edge Strength + Conditioning - the result of combining my passion for physical fitness and my ability to work effectively with clients. Together, we can overcome fitness challenges and meet the goals you want to achieve.

My primary goal is to help clients take control of their lives in ways that will translate into better physical and mental health - the way they look, the way they feel, and the way they function. My invitation to you is this: If you

want to take better care of yourself or feel your current efforts are not progressing the way you think they should, come and see how I can help. I am skilled at assessing a person's training needs, mapping a program that is unique to his or her goals, and assisting one-on-one to achieve success. I also ensure that all exercises and routines are done with proper form to minimize the possibility of injury.



Please Visit My Website
www.the-edge-strength.co.uk



The Mobility Program

