

# Start With Ease

## Ultimate Beginner Mobility Program

### Directions:

Alternate between DAY 1 and DAY 2 at least once per week for a total of 2 sessions a week, or at most twice per week for a total of 4 sessions a week.

Perform all the exercises for each day starting with A then complete exercises for B and C if indicated. Repeat for additional sets. Start at the lower end of recommended ranges for time and repetitions to allow for progression and greater loading.

### WEEK 1 AND 2

### "BODY MOVEMENT PREP"

1-3 Sets

#### DAY 1

#### DAY 2

#### A) JOINT CIRCLES

30-60 Seconds/ per side

- Ankle Circles
- Knee Circles
- Hips Circles
- Shoulders Circles
- Neck Circles

#### B) FEET AND TOES

10 Repetitions Each Foot

- Toe Splay/Squish 10 Rep
- Big Toe Extension
- Inversion/Eversion
- Dorsiflexion/Plantar Flexion

#### A) SPINE AND HIPS

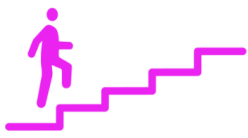
30-60 Seconds

- Seated Figure 4 Stretch
- Seated Adductor Stretch With Spinal Rotation- Alternating With 2 Sec Hold
- Double Leg Hip Hinges
- 1/4 Squat
- Wall Sits (Sitting Against Wall On Floor)

#### B) NECK AND SHOULDERS

10 Repetitions

- Head Pull/Pushes
- Protraction/Retraction
- Marching Figure 8
- Flap Your Wings



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### WEEK 3 AND 4

### C.A.R.S- NOT THE DRIVING KIND

1-3 Sets

#### DAY 1

##### A) LOWER BODY (10 Repetitions)

- Toes
- Ankles

##### B) LOWER BODY 10 Repetitions

- Knees
- Hips

##### C) Movement: As many as you can

- Box/Chair Squats- With Knee Resistance

#### DAY 2

##### B) UPPER BODY (10 Repetitions)

- Neck
- Shoulders
- Spine (5 Each Direction For A Total Of 10)

##### B) UPPER BODY 10-20 Repetitions

- Elbows
- Wrists

##### C) Upper Body:As many as you can

- Quadraplex Bows

### WEEK 5 AND 6

### FLOORWORK AND CORE WORK

#### DAY 1

##### A) STANDING

- Standing Figure 8 Passes (10 Repetitions Total)
- Standing Balance (30-60 Second Per Side)
- Jefferson Curls (10-20 Repetitions)

##### B) PRONE

- Prone Figure 8 Passes
- Pronation/Retraction Quadraplex Position

##### C) MOVEMENT

- Roll Progression
- Side Roll To S-Sit

#### DAY 2

##### A) SPINAL AND CORE STABILITY

- Quadraplex Position-Pelvic Tucks 10-20 Reps
- Bird-Dog-Airplanes 10-20 Reps Per Side
- Elevated Push-Ups 10-20 Repetitions

##### B) POSTERIOR CHAIN STRENGTH

- Crab- Glute Slides 10-20 Repetitions
- Bridges 10-20

##### C) MOVEMENT

- Reverse Lunge To Figure 4 Sit
- Roll To Quad To Standing