



BRIEN SHAMP
FITNESS • NUTRITION • COACHING



MOBILITY EXERCISES

*Ideally perform self massage prior.

Feet/Ankles:

1. Standing Foot Circles- Both Directions
2. Standing Pronation/Supination- Wide & Narrow
3. Standing Heel-Toe Raises *Straight- Out & In
4. Bent Over with Hands on Knees: Knee Circles (both directions), Flex/Ext (2 feet and 1 Foot at a time)
5. Squat Rock *Attempt to get lower
6. Squat Position Toe Ups
7. Downward Dogs *Variations: Pawing Dog and One Leg

Hips:

1. Groin Rock *Wide feet to make harder *Extend one leg to get hamstrings
2. 90-90 Hip Stretch- Move around every few sec to new areas
3. Kneeling Lunge Stretch: Move from back hip, Reach to Sides, Hurdle Stretch
4. Kneeling Transfer

Spine:

1. Supine Knee Rotation
2. Supine Crucifix
3. Supine Double Knee to Chest with Rock > Added Reach and Hamstring Stretch
4. Supine Double Knee with Leg Ext/Flexion & Ankle Movements
5. Prone Scorpion: Bent Knee and Extended Leg
6. Quadruped Cat-Cow
7. Quadruped One Arm Rotation

Shoulders/Neck:

1. Kneeling Scratch Stretch
2. Kneeling Scarecrows
3. Kneeling controlled articular rotations for shoulder mobility: Open hands and closed fists
4. Kneeling Prisoner Spinal Flexion/Ext
5. Prone Scapation: Protract/Retract

Wrist:

1. Quadruped with Weight Shift and Circles: Fingers pointed away from knees, towards knees, to sides
2. Quadruped Knucle Ups
3. Quadruped Elbow to Knee (Fingers to knee- One side at a time)
4. Quadruped Supination Push-Ups

Developmental/Animal Movements

1. Baby Crawl
2. Bear Crawl
3. Crab Reach
4. Lateral Ape
5. Beast: Fwd, Lateral, Back
6. Forward Ape
7. Lizzard: High, With Pushup and Low