

6-DAY

MOBILITY

Challenge Guide

Boost Your
FLEXIBILITY
and
AGILITY



HELLO



WELCOME TO YOUR 6-DAY MOBILITY CHALLENGE GUIDE!

If you want a more flexible, supple, and agile body, you are in the right place. Mobility plays a huge role not only in your workouts but in your everyday life.



It affects:

- ◆ *How your body feels when you get up in the morning*
- ◆ *The ease of your daily activities*
- ◆ *How limber you stay as you get older*
- ◆ *Your overall fitness, strength, and performance*

This guide breaks down everything you need to know to help your body move better – and then helps you put that knowledge into practice.

First, we'll talk about what "mobility" really is, why it's so important, and how it might be different than you think.

Then, we'll put it all together with an action plan to increase your OWN mobility.

HELLO



Mobility has a tremendous impact on your quality of life ... because when you can move better, you just plain feel better.

For the first 5 days of your *6-Day Mobility Challenge*, you'll focus on exercises to improve specific body parts.

Then on Day 6, you'll put it all together with a total body mobility routine. After the challenge is over, you can use this routine as-is or choose exercises that target specific trouble spots.

Remember: your body is unique! If you want next-level, personalized guidance for your mobility, fitness, and/or performance, we can help: **Contact us today for a Free Success Session!**

Make it an amazing day,

Adam Clark





MO·BIL·I·TY

The ability to move freely and easily. It's the active range of motion through your joints and muscles.



WHAT IS MOBILITY?



“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”

– *Plato*

As you can imagine, mobility is vital when it comes to having a body that performs for you in everyday life.

It’s being able to reach overhead to get something off the top shelf or easily bending down to pick up something on the floor.

Or even being able to turn your head to look over your shoulder.

And it’s also about getting into a deep squat or performing Olympic lifts safely!

But it’s often confused with flexibility because the two are so intertwined.

It can help to think of mobility as “applied flexibility.”



FLEX·I·BIL·I·TY

The ability of a muscle or muscle groups to lengthen passively through a range of motion.



HOW IS MOBILITY DIFFERENT FROM

FLEXIBILITY?

“Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.”

– *Bruce Lee*

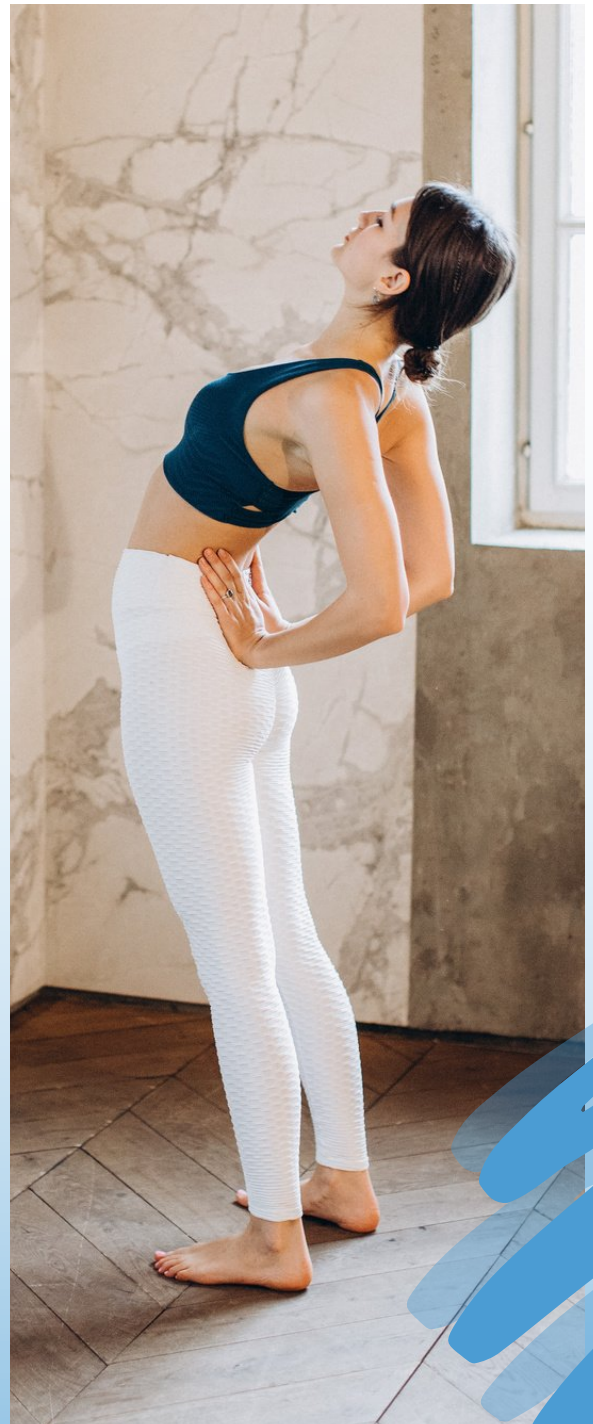
Here’s a simple example of mobility vs. flexibility:

Lie on the floor on your back, with knees bent and feet flat on the floor. Raise one knee toward your chest.

Your **hip mobility** is how far up your knee can get without any assistance.

Now, grab your knee and pull it closer to your chest (keeping your back close to the floor for safety). This assisted stretch shows your overall **hip flexibility**.

So, the difference is that while flexibility tends to be more passive, mobility is active.





STA·BIL·I·TY

*The strength to stand or endure.
The property that restores a
body, when disturbed, to its
original condition.*



STABILITY

WHAT HOLDS IT ALL TOGETHER!



“Change happens through movement, and movement heals.”

– *Joseph Pilates*

There is a third function to know about when it comes to mobility ... because it's designed to keep your body safe and strong.

Your joints need an **anchor point** – a start/stop position – so that they can move through their normal ranges of motion at an appropriate speed.

Without that anchor, they can become unstable and set you up for all sorts of problems.

Remember the old Skeleton Dance song? “The foot bone’s connected to the leg bone, the leg bone’s connected to the knee bone,” etc.?

Your body has a chain of connected joints that allows you to move while also keeping you safe and stable.

It’s called the kinetic chain.

STABILITY



If one link in that chain isn't working properly – **by being either too tight or too loose** – it can throw off many other links in the chain.

When this happens, muscles that normally allow your joints to mobilize (move through their range of motion) suddenly are called on to help stabilize you.



Some examples:

- ◆ *You have a lengthened muscle in your ankle because of a sprain, which forces your knees or hips to help with stabilization.*
- ◆ *You have a torn knee ligament, which affects your ankle, hips, and spine.*
- ◆ *Your shoulder and chest muscles are tight, which limits the mobility of your neck, back, elbows, and more.*



FAS·CIA

A thin casing of connective tissue that surrounds and holds every organ, blood vessel, bone, nerve fiber, and muscle in its place.

Fascia contains a rich network of nerves that make it almost as sensitive as skin. When it is stressed, it tightens up.



THE TISSUE

THAT TIES IT ALL TOGETHER

“Fascia does not discriminate, it simply keeps growing and eventually hardening into whatever shapes you make most often with your body. Unfortunately, today that most likely means your body resembles the shape of an office chair.”

– *Janu Vanier*

Scientists are continually learning more about fascia and the role it plays in our movement and our health.

Even though it looks like a single sheet of tissue, it is actually multiple layers that are separated by layers of a liquid called hyaluronan.

THE TISSUE THAT TIES IT ALL TOGETHER

Healthy fascia stretches and glides as it moves because it's flexible and supple.

But if it becomes damaged or unhealthy, it gets thick and sticky. It can dry up and tighten around your muscles.

You can imagine how this can get in the way of your mobility and even cause painful knots.

If you've ever tried to "roll out" a knot using a foam roll, you know firsthand how painful this can be.



Some causes of "sticky" fascia:

- ◆ *A sedentary lifestyle with limited movement each day*
- ◆ *Repetitive movement*
- ◆ *Trauma or injury*



THINGS THAT CAN AFFECT YOUR

MOBILITY

1 AGE

As you get older, your mobility tends to go down.

Factors playing a role:

- *Less lubricating fluid in your joints*
- *Thinner cartilage around your joints*
- *Shorter ligaments*

But you have more control over that than you might think!

Many age-related changes to your joints are caused by one thing ...



2 LACK OF ACTIVITY

Moving your joints regularly helps keep the fluid moving around them, while inactivity can cause cartilage to shrink and stiffen, reducing your joint mobility.

No matter your age, being more active can help improve mobility.



3 HOW YOU'RE BUILT

We all are put together a bit differently, and some of us have joints that allow more movement than others.

Plus, we can have individual differences in our fascia (more on that shortly) and connective tissues.





4 TISSUE SURROUNDING YOUR JOINTS

If there is a lot of muscle or adipose (fat) tissue surrounding a joint, it can physically prevent your joints from moving through their full range of motion.

Example: a bodybuilder with large biceps and triceps muscles that get in the way of fully extending or contracting their elbows.

5 INJURIES

Trauma or tissue damage from repetitive use can also play a role in joint mobility.

4 EVERYDAY BENEFITS OF MOBILITY



1 LOWER RISK OF INJURY

Studies show that having a smaller range of motion through a joint raises your risk of getting injured.

2 IMPROVED POSTURE

Tight joints can throw your whole body out of whack. For example, if your hips lack mobility, it can affect your spine, cause shoulder stiffness, and even affect your neck.

3 EASE OF MOVEMENT

Have you ever tried to reach your arms overhead and found that they wouldn't straighten ... or that they wouldn't extend without shrugging your shoulders?

Over time this can lead to a cycle of less activity, even less mobility, and potentially an increase in pain.

4 ACTIVE AGING

If you think this doesn't apply to you, I've got news for you: unless you are active, your mobility starts to go downhill at age 30!

The steps you take NOW can pay off for decades to come.

MOBILITY EXERCISES



Get ready... because you're about to feel **AMAZING!**

We're going to work on improving the range of motion of a few **VERY** important areas in your body:

- *Ankle*
- *Hip*
- *Upper / Middle Back*
- *Shoulder*
- *Wrist & Neck*

As you go through these exercises, chances are you'll notice many of these moves will also engage a cascade of other joints and muscle groups.

That's because, as we mentioned earlier, it's all connected!

It's also why it is absolutely vital to have great posture while doing these exercises and move deliberately and mindfully. Be sure to engage your core and to breathe.



HOW OFTEN SHOULD YOU DO MOBILITY TRAINING?

At least 2-3 times a week to get noticeable results.

WHEN IS THE BEST TIME TO DO MOBILITY EXERCISES?

When you have time. They can make a great workout warmup, or you can do them on their own.

HOW LONG SHOULD IT TAKE?

Once you find a routine that works for you, try to keep it to 10-15 minutes (tops) so that you have time to work on other aspects of your fitness.

Day 1
ANKLE
MOBILITY

Day 1 ANKLE MOBILITY



Ankle mobility issues can be caused by a surprising number of things ... from having high or low arches in your feet to injury to your activity level.

Your ankle mobility is VERY important in how you move during your everyday life. That's because your ankles are key to your foundation – they (along with your feet) support your body as you stand and walk.

When it comes to fitness and performance, having tight ankles can even affect your ability to squat or safely run.

Ankle Mobility Exercises:

TENNIS BALL ROLL

1. Place a tennis or lacrosse ball under your foot and with light pressure, slowly roll from side to side so the ball goes across your arch. Repeat for 20-30 seconds.
2. Then, roll the ball from heel to toe for another 20-30 seconds.
3. Switch sides.

Experiment doing this both sitting and standing to see what feels best for your feet.

Video Demo: www.youtube.com/watch?v=K5xr-QyIzS8



Ankle Mobility Exercises:

ANKLE CIRCLES

1. Either sit or lie down with a rolled up mat, towel, or foam roll under your ankles to support your weight.
2. Turn your ankles in slow circles, 10 clockwise and 10 counter clockwise. **TIP: It can help improve your focus if you do one ankle at a time.**
3. Be sure to move just your foot and ankle – your leg should remain still.
4. You can change up the stretch by “writing” the letters of the alphabet with your big toe.

Video Demo: <https://youtu.be/9nkmMBQjSu0>



Ankle Mobility Exercises:

STANDING ANKLE FLEXION

1. While standing, slowly rock back and forth between standing on your toes to rolling back to your heels (lifting your toes).
2. Work your ankle through a full range of motion.
3. Hold onto a stable surface if necessary. Doing this exercise for about 45-60 seconds should do the trick.

Video Demo: <https://youtu.be/N8B-HPfnnK8>



Day 2
HIP
MOBILITY

Day 2 HIP MOBILITY



Pretty much everything in our daily life sets us up to have tight hips.

Sitting at work, while driving, and during our leisure time can really do a number on the range of motion of your hip joints.

And that can lead to aches and pains, reduced mobility, and even LESS activity!

These exercises can start to reintroduce a wider range of motion.

Hip Mobility Exercises

WALKING HIP OPENERS

1. Take a step forward and lift the other leg's knee up in front of you (hip height if you can), and then move it out to the side and around before stepping forward with it.
2. Repeat on the other side, for a total of 10-20 steps and then do it in the reverse direction (walking backward, being careful to avoid obstacles).



Video Demo: <https://youtu.be/AObp9R9VhUI>

Hip Mobility Exercises:

90/90 STRETCH

1. Sit on the floor, your chest tall. One knee should be bent in front of you and the other one out to the side, both at a 90° angle.
2. If you can't get into this position, sit on a yoga block or other firm surface.
3. Keeping your chest tall, rotate your upper body toward the knee in front of you (keeping your butt down). Then, rotate toward the leg on the side.
4. Rotate 5-10 times back and forth and then repeat on the other side. Be sure to take your time and breathe as you do these movements.

Video Demo: <https://youtu.be/S6dezbtXQFs>



Hip Mobility Exercises:

FROG STRETCH

This exercise can be intense, but that's because it's so effective.

The key is to take it slow and avoid forcing a wide range of motion.

1. Get on your hands and knees, with your knees as wide apart as is comfortable. It can be helpful to place a doubled-up yoga mat under your knees for additional cushioning.
2. The balls of your feet should be on the ground, with toes pointing outward.
3. Slowly and gently rock back and forth, keeping your back flat, while thinking of "squeezing" the floor with your knees.
4. Repeat for 6-8 repetitions, and then press back and hold the stretch for 30-60 seconds.

Video Demo: <https://youtu.be/EStrEYXbpoY>



Day 3

UPPER/MIDDLE BACK
MOBILITY

Day 3

UPPER/MIDDLE BACK MOBILITY



Chances are if you sit for even a few hours a day, your thoracic spine – which includes the upper and middle parts of your back – could use a little mobility love!

This matters because if your thoracic spine is tight, it can put excess strain on other joints and muscles. It also can cause problems for your neck as well as your lumbar (lower) spine.

These mobility moves will also bring other body parts like your hips and shoulders into play.

Back Mobility Exercises:

THREAD THE NEEDLE

1. Get on your hands and knees on the floor. Keeping your hips square and your left hand on the floor, lift your right arm up toward the ceiling as you twist to the right.
2. Goal: fully extend your arm to point up to the sky.
3. From here, drop your right arm down and “thread” it beneath your chest, reaching out beyond your left side, dropping your right shoulder and temple to the floor if you can.
4. Stay for a couple breaths and repeat the sequence 2-3 times before performing on the opposite side.



Video Demo: https://youtu.be/Ckg_111CiB8

Back Mobility Exercises:

WORLD'S GREATEST STRETCH

1. Stand tall with your feet together. Step forward with your left leg and lower your body into a lunge.
2. As you go down, place your right hand on the floor so it's even with your left foot. Your right knee (the one extending behind you) should remain above the floor – not touching it.
3. Next, drop your left elbow so that it's inside your left foot, and rest it on the floor.
4. Square your hips so you feel a stretch on both sides, and try to keep your back as flat as possible.
5. Now, raise your left arm up from the floor and twist toward the left, and extend your left arm up toward the ceiling, trying to straighten your arm.
6. Be sure to breathe! Hold for a few breaths and repeat on the other side.
7. Repeat for 5+ reps on each side.

Video Demo: <https://youtu.be/L5VzL9ki6ZA>



Back Mobility Exercises:

T-SPINE ROTATIONAL REACHES

1. Lie on the floor on your back. Bend your right knee at a 90° angle and cross it over your left leg, keeping both shoulders on the floor.
2. Rest the knee of your crossed leg on the floor. If that's too much of a stretch, place it on a support such as a rolled-up mat, foam roll, or yoga block.
3. With both shoulders on the floor, reach one arm up to the ceiling, lower it, and then reach the other arm up, trying to fully extend the arms without shrugging your shoulders.
4. Continue alternating for 10 reaches with each arm.
5. Repeat with your legs crossed toward the other side.

Video Demo: <https://youtu.be/BOflB6eMW2E>



Day 4

SHOULDER
MOBILITY

Day 4 SHOULDER MOBILITY



The goal with these exercises is to keep the movement under control and not let your shoulders shrug or roll forward/inward.

It also can be helpful to engage your core and make sure your pelvis/hips remain in neutral position.

Shoulder Mobility Exercises:

STANDING ARM SWINGS

1. Stand tall with your arms by your sides.
2. Engage your core and swing your arms up, until they're as high as you can go without raising your shoulders.
3. Return your arms to the starting position and repeat.
4. Do this movement for 30 to 60 seconds.

Video Demo: <https://youtu.be/HdTnkLjD0ko>



Shoulder Mobility Exercises

SHOULDER PASS THROUGH

You'll need a stick (like a broomstick or dowel) or a resistance band to do this exercise.

1. Stand with your feet shoulder-width apart and your arms in front of your body.
2. Hold the stick or resistance band with straight arms, with an overhand grip.
3. The stick/band should be below your waist, your hands wider than your shoulders. If you're using the band, gently press outward to create a light amount of resistance.
4. Engage your core and keep the rest of your body in position as, with straight arms, you slowly raise the stick or band above your head, keeping your arms straight. Only go as far as comfortable.
5. Hold the pose for a few seconds.
6. Return to the starting position.
7. Repeat 5-10 times.

Video Demo: <https://youtu.be/gTdAO2eCPGE>



Shoulder Mobility Exercises:

SCAPULAR PUSH-UPS

1. Get into a plank position with your elbows/forearms on the floor.
2. While maintaining a straight line from your heels to the top of your head, drop your chest toward the floor by allowing your shoulder blades to come together together in your back.
3. Then, push the chest back up as you return to your plank. Make sure you don't round your back at the top of this movement – keep it nice and flat.
4. You can also do this exercise with your knees on the floor.

Video Demo: <https://youtu.be/0rg3IA46KK8>



Shoulder Mobility Exercises:

SHOULDER ROTATION

1. Stand with your feet shoulder-width apart while holding a light dumbbell in your right hand. **Option: If your shoulders are tight, you can do this without weight.**
2. Raise your arm so your elbow is extended straight out from your shoulder, your elbow bent at a 90° angle. The front of your hand should face the floor.
3. Rotate your shoulder so that your hand circles up toward the ceiling, maintaining the 90° bend at the elbow.
4. Return to the starting position and repeat for 10-12 repetitions before changing sides.

Video Demo: <https://youtu.be/acLJd94-ncE>



Day 5

WRIST & NECK
MOBILITY

Day 5

WRIST & NECK MOBILITY



These two joints/muscle groups take a lot of abuse during our daily lives, without receiving much attention in return.

These exercises, combined, create a great anti-desk routine.

*Wrist & Neck
Mobility Exercises:*

CHIN TUCKS

1. Stand or sit tall, with your core engaged. Let your arms rest alongside your body.
2. Draw your shoulder blades back and down.
3. Slowly draw your chin in toward your chest.
4. Hold for a few seconds. Return to the start position.
5. Repeat for 3-5 repetitions.

Video Demo: <https://youtu.be/gdrHuq68kNk>



Wrist & Neck Mobility Exercises:

NECK ROTATIONS

1. Sit or stand tall with shoulder blades back and down, core engaged. Gently rotate your head to the left and look over your shoulder.
2. Hold this position for a few seconds.
3. Repeat on the other side.
4. Alternate for a total of 3-5 repetitions on each side.

Video Demo: <https://youtu.be/MaGhsmaQctY>



Wrist & Neck Mobility Exercises:

EAR-TO-SHOULDER STRETCH

1. Sit or stand tall with shoulder blades back and down, core engaged.
2. Slowly drop your head to bring your right ear toward your right shoulder while keeping your shoulders in the same position.
3. Hold this position for a few seconds.
4. Perform on the left side.
5. Alternate sides for a total of 3-5 repetitions per side.

Video Demo: <https://youtu.be/TBamn7LKfJc>



Wrist & Neck Mobility Exercises:

PRAYING HANDS STRETCH

1. Stand tall with abs engaged and place your palms together in a praying position in front of your face.
2. Bring your elbows together so that your arms touch each other from your fingertips to elbows.
3. Now, with your palms pressed together, slowly spread your elbows apart as you lower your hands towards the ground. Stop when your hands are in front of your belly button or you feel the stretch.
4. Hold the stretch for 5-10 seconds, and then repeat the movement 3-5 times.

Video Demo: <https://youtu.be/Q9jOOOp69BIc>



Wrist & Neck Mobility Exercises:

CLENCHED FIST STRETCH

1. While seated, put your open hands on your thighs with your palms facing up.
2. Close your hands into fists – don't clench too tightly.
3. Keeping your forearms on your legs, raise your fists off of your legs and curl them toward your body, bending at the wrist.
4. Hold for a few seconds.
5. Lower your fists and slowly open your fingers wide. Repeat 5-10 times.

Video Demo: https://youtu.be/M5Z_q5wDFKs



Days
PUTTING IT
TOGETHER

Day 6

PUTTING IT TOGETHER



Today we are going to tackle a feel-good experiment. Your assignment: *Do all of the exercise we've learned this week in a full-blown mobility workout.*

Before you start, move around and shake your muscles out. Note any joints or muscles that feel a little tight.

Then, go through all the exercises for each body part.

Ask yourself: *Which exercises feel best? Which ones are the most challenging? Are there any joints that feel especially tight, loose, or that have a normal range of motion?*

When you're done with all of the exercises, move around and shake your muscles out again. How does your body feel now?

You probably notice a BIG difference in at least 1-2 of your joints.



MOVING FORWARD

As you've seen (and felt!) firsthand while doing the exercises in this guide, working on your mobility is a long-term project – but it's definitely worth it!

Choose your favorites from this challenge and incorporate them into your daily routine as standalone exercises or as part of your warmup for your workouts.

The exercises we've included are a starting-off point. There are literally hundreds to choose from based on your goals, your body's unique needs, and your fitness level.

We're here to help you every step of the way, with personalized programs to help you reach your goals.

We have a proven process that helps people just like you to move better and feel better ... so you can live your BEST LIFE.



**GET YOUR FREE
SUCCESS SESSION
TODAY!**

*Contact us at adam@adamclarkfitness.com
to get started today.*

HEALTHY BODY,

HEALTHY LIFE

At Adam Clark Fitness, we believe a holistic approach to fitness is the most effective.

It's not just about sets, reps, and distance ... it's about supporting your body before, during, and after your workouts ...

And also during your everyday life!

As a special thank you for downloading this guide, we have a gift for you.

We'd love to be part of your fitness & wellness team! Contact us today at adam@adamclarkfitness.com to get started!

In health,

Adam Clark

