

MOVE LIKE A NINJA: MOBILITY GUIDE

embrace and love your body, it's the most amazing thing you'll ever own



WHAT IS IT

mobility is strength in the range of motion of the muscle. It is the key to longevity in training and will unleash A LOT of hidden potential within your body. It's not something we do for the sake of "getting more mobile," but is necessary to maximize one's potential while also experiencing many amazing benefits.

WHY IS IT IMPORTANT

- ***Decreases chance of injury***
- ***Keeps our joints healthy***
- ***Increases range of motion***
- ***It is time efficient***
- ***It is portable (all you need is YOU)***
- ***Prepares our bodies for the stress of training***



IS IT FOR ME

Do you suffer from lower back pain? Do you struggle with feeling sluggish? Do your legs sometimes feel heavy? Is it a challenge to stretch or have full range of motion? If you answered yes to any of these, YES mobility is for YOU!



LET'S GET MOVING

Use this as a guide to mobilizing your body. Follow along as I guide you through general mobility movements as well as specific options for your shoulders, spine, glutes, hips, and posterior chain.

***Click on the photos to view video demonstration of each move.
Move safely and intuitively.***

GOOD MORNING + WALK OUT



This movement excites our hamstrings, core, and upper body. Gently place your hands behind your ears, hinge into a good morning, fully extending back up, and walking your hands to the top of the mat trying to keep your legs as straight as possible with a soft bend.

Complete 10 reps

CHILDS POSE + PUSH UP

We use our shoulders more than we think. Fully extend your arms forward. In child's pose, take a deep breath. In as you release into a push up, exhale squeezing your shoulder blades, engaging your core, as you press back to child's pose. **Complete 10 reps**



WORLDS GREATEST

This is my FAVORITE movement as we are working on engaging all of our primal muscle groups. Meet yourself where you are, the more you complete this, the more flexible you become. **Start with 5 total reps**



SHOULDER MOBILITY

Did you know that the shoulder is one of the most frequently injured joints, yet is our most mobile? Flexion, extension, abduction, adduction, horizontal flexion and extension, medial/lateral rotation, our shoulder partakes in ALL the above and deserves proper pre and post workout lovin'.

Click [here](#) for one of my favorite bands to use

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BANDED PULL & X APARTS

Start with a soft bend in your knees, rolling your shoulders back and down. Lengthen arms out in front of you, soft bend in your elbows, and a proud chest, chin lifted, gaze directly in front of you. The wider your hands on the band, the less tension you will feel. The objective is to complete these without working TOO hard and bending your arms.
complete 10 reps each

BANDED UP AND OVER

Same starting position, keeping arms straight we are mobilizing our rotator cuffs. Stop at a point of feeling uncomfortable and work your way up to full range of motion
Complete 10 reps.



SHOULDER TOE TAP

Your main goal here is to keep our hips silent. Place your feet wider than your mat, squeeze your glutes. Always the option to drop to your knees, tucking your hips, still engaging your core and glutes.
complete 10 reps total



HIP / GLUTES / BACK

*Do you suffer from chronic lower back pain?
If yes, this is for YOU*

Our joints, limbs, and muscles represent a collective of individual pieces, all working together to move the body, manipulate objects, and propel us through three dimensional space. Sitting often Impacts hip mobility In two MAJOR ways: by weakening the glutes and shortening the hip flexors. Both our glutes and hip flexors work together In the activation of our hips so when they are weak or Inactive, the lower back takes over. Our lower back / lumbar spine Is not designed for excessive activity, but is there to provide support and stability.

STOP selling your hips short.

They are designed to generate power. When we sell them short by not moving and mobilizing them our back picks up the slack causing unwarranted pain.

***Click on the photos to view video demonstration of each move.
Move safely and Intuitively.***



REVERSE LUNGE W/ SPINAL TWIST

Begin standing proud. Step one foot back into a lunge, assuring your front knee doesn't go over your toe. Keeping your chest proud, place your opposite hand on your opposite knee, twisting and gently opening your chest. Tuck your hips and squeeze your glutes. This is activating your hip flexor, glutes, quads, chest, and spine.

Complete 5 reps each side.

LYING HIP ROTATION

We are focusing on our hips and glutes. Assure your lower back is squeezed into the ground, and your shoulder blades stay touching as you rotate your knee and foot.

complete 10 reps each side



HIP OPENERS

Starting in quadrupedal position, fingers and palms placed on the ground, gaze right between your thumbs, keeping hips parallel to the mat, going into hip rotations, clockwise and counterclockwise.

complete 10 reps each side



THANK YOU!!

For moving through mobility with me. For loving and investing in yourself and the wellness of your body.

MY GIFT TO YOU:

for downloading this guide, I gift you a **FREE 15 min** phone consultation & 25% **off** your first month of my EMPOWER HOUR membership. Use code NINJA25 [here](#).

*Feel free to reach out with any questions or concerns
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