



10 DAILY STRETCHES TO ADD TO YOUR DAILY ROUTINE



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MOBILITY VS. FLEXIBILITY:

First, let's define both "mobility" and "flexibility" in order to gain a better understanding of the two terms.

Mobility: the ability of a joint or series of joints to actively move through their range of motion pain-free.

Flexibility: the ability of a muscle group to passively lengthen their range of motion pain-free.

There is an easy way to remember the difference between the two terms: mobility is the ability to have control and strength in an end range of motion whereas flexibility is simply sitting in the end range of motion.

For example, someone can be flexible and sit in their splits pain-free; however, to be mobile would mean they would have the ability to slide in and out of their splits pain-free.

STRUCTURING YOUR MOBILITY ROUTINE

Mobility training is no different than strength training in that to achieve success, you need to follow a structured routine.

To help create a routine that is stimulating rather than mind-numbing, I highly recommend incorporating both active and static stretches. For active stretches, reps of 8-10 are ideal, and for static stretches, anywhere between 15-30 seconds each per hold. The best way to be successful with your mobility training is to stay consistent. Ultimately, we want to program a routine whereby you have both the time and motivation to complete it at least 3-4 times a week.

For example, I always incorporate 3-4 stretches/exercises prior to each lifting session for a proper warm-up and I program in 3 specific stretching days throughout the week that range between 15-25 minutes per session. This is a routine that I can maintain and am motivated to do as it fits comfortably within my weekly schedule.





RECOMMENDED EQUIPMENT:

Below, I've provided a detailed list of equipment pieces you can use to help increase your mobility. Although this ebook is equipment-free, there are muscle group-focused mobility routines within my app that use some of the following:

Massage Ball or Massage Peanut: small but mighty, and I don't go anywhere without a massage ball! I make sure to always keep one easily accessible by having it in my gym, gym bag, or car. Massage balls are useful for helping release tension in tight muscle groups prior to stretching or performing any mobility exercise.

Resistance Band: both small and long looped bands are perfect for assisting in stretches and mobility exercises. They are versatile equipment pieces as both beginners and advanced athletes can use them during their stretching routine.

Foam Roller: a staple equipment piece that is used to help increase both flexibility and mobility. There are a variety of foam rollers you can purchase; however, I suggest using either a firm foam roller on a trigger point or a vibration foam roller. The ultra-firm foam rollers allow for performance for both foam-rolling and active mobility drills.

10 DAILY STRETCHES

EXERCISES	SETS	NOTES
Shoulder circles	X 10-12	Going both forward and backward
Inchworm to Cobra	x 5	Keeping hips flat on ground during Cobra and taking your time rolling back up to standing
Wall angles	X 10	Keeping small of back flat to wall
Arms-elevated Child's pose	x 20 Seconds	Keeping core tight to avoid low back arching
Alt downward Dog to Cobra	X 10	Focusing on moving slowly and exaggerating thoracic movement
Leg kicks	x 10	Forward and backward; side-to-side
Alt Straddle - Sumo squat	X 10	Sitting as deep into squat as possible and compressing into straddle
Deep squat hold	x 20 Seconds	Conventional and Sumo
Back leg elevated hip flexor	x 20 Seconds	Tilting pelvis forward
Front leg elevated Pigeon	x 20 Seconds	Aiming to have front leg at 90 degrees

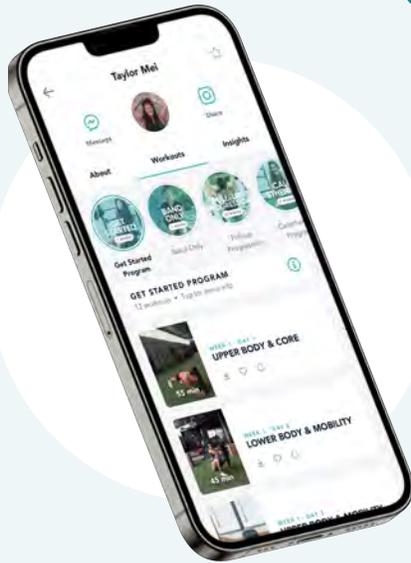


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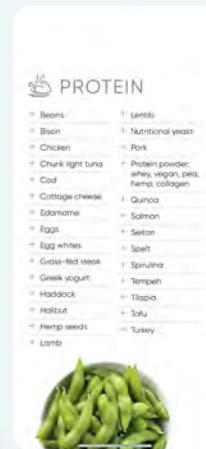


PROGRAMS DESIGNED FOR YOU

Little T Fitness app will help you learn how to enjoy every workout, while training hard. We will push ourselves to be the best we can be and reach new fitness levels.

NUTRITION GUIDES

A healthy body starts on the inside. Learn my recommendations for healthy eating. Plus, get recipes that you'll actually enjoy eating.



Hey Jessie! Whats on your mind? 😊

YOUR MESSAGE

Hey Taylor!
Love the app so far! Any recommendations for cardio?

COACHING & COMMUNITY

- Ask me questions directly
- Share your success with me
- Tell me what content you want to see

LITTLE T FITNESS

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