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A FIGHTER 2.0



**4 WEEK
BLUEPRINT**

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4 Week Mobility Blueprint

Disclaimer

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4 Week Mobility Blueprint

Welcome

Within this program, you are going to discover proven methods to effectively increase your range of motion in certain areas of your body. I am excited to be sharing this information with you and to help you in your road of getting amazing results.

Tips before starting:

- When performing these mobility exercises, make sure you go to the point of tension and NOT pain.
- Take your time when performing these exercises. If there is a certain exercise that you aren't able to perform, go on to the next exercise and come back to that certain exercise when your body is more adaptive to these movements.
- Perform these mobility routines at a minimum of 3x/week.
- Once you complete the 4-week system, feel free to repeat the workout plan from the start to further enhance your mobility.
- Make sure you are well hydrated by drinking plenty of fluids and definitely make sure you are in a warm environment when performing these routines.

4 Week Mobility Blueprint

How To Incorporate These Routines Into Your Own Workout Regimen

There's a few ways that you can add these mobility routines into your workouts. You can add them before your workout and use them as a mobility-warm up. You can also use them as a cool down after a workout.

Another great way to incorporate them is to perform these routines on a separate day like an off day from working out or perform them in the evening/morning when you're not working out. For example, if you workout in the evening, you can do a mobility routine in the morning.

To your success,

Andrew Raposo, CPT

P.S. If you would like the most cutting edge and up to date information on fitness and training, follow me on some of my other sites to keep yourself updated.

www.AndrewRaposo.com

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4 Week Mobility Blueprint

***Each routine will be performed for only one set.**

Week 1 - Day 1

Mobility Routine #1

- A1 – Quadruped T-Spine Rotation – 10 Reps Each Side
- A2 – Hip Circles – 10 Reps Each Side
- A3 – Tactile Frog – 10 Reps
- A4 – Wall Bug – 10 Reps Each Side
- A5 – Glute Bridge – 15 Reps

Week 1 - Day 2

Mobility Routine #2

- A1 – Wall Angels – 10 Reps
- A2 – Forward Leg Swings – 10 Reps Each Side
- A3 – Lateral Leg Swings – 10 Reps Each Side
- A4 – Hardstyle Plank – 10 Sec x3

Week 1 - Day 3

Mobility Routine #3

- A1 – Shoulder Sweep – 10 Reps Each Side
- A2 – Worlds Greatest Stretch – 10 Reps Each Side
- A3 – Bird Dog – 10 Reps Each Side
- A4 – Box Plank – 10 Reps Each Side

4 Week Mobility Blueprint

Week 2 - Day 4

Mobility Routine #4

A1 – Knee Hug + Lunge + T-Spine Rotation – 5 Reps Each Side

A2 – Squat with Prying – 10 Reps Each Side

A3 – Wall Bug – 10 Reps Each Side

A4 – Single Leg Hip Lift – 10 Reps Each Side

Week 2 - Day 5

Mobility Routine #5

A1 – Seated T-Spine Stretch – 5 Reps Each Side

A2 – Forward Legs Swings – 10 Reps Each Side

A3 – Lateral Leg Swings – 10 Reps Each Side

A4 – Box Plank – 10 Reps Each Side

Week 2 - Day 6

Mobility Routine #6

A1 – Half Kneeling T-Spine Rotation – 10 Reps Each Side

A2 – Worlds Greatest Stretch – 10 Reps Each Side

A3 – Saw Plank – 10 Reps

A4 – Bird Dog – 10 Reps Each Side

4 Week Mobility Blueprint

Week 3 - Day 7

Mobility Routine #2

- A1 – Wall Angels – 10 Reps
- A2 – Forward Leg Swings – 10 Reps Each Side
- A3 – Lateral Leg Swings – 10 Reps Each Side
- A4 – Hardstyle Plank – 10 Sec x3

Week 3 - Day 8

Mobility Routine #4

- A1 – Knee Hug + Lunge + T-Spine Rotation – 5 Reps Each Side
- A2 – Squat with Prying – 10 Reps Each Side
- A3 – Wall Bug – 10 Reps Each Side
- A4 – Single Leg Hip Lift – 10 Reps Each Side

Week 3 - Day 9

Mobility Routine #1

- A1 – Quadruped T-Spine Rotation – 10 Reps Each Side
- A2 – Hip Circles – 10 Reps Each Side
- A3 – Tactile Frog – 10 Reps
- A4 – Wall Bug – 10 Reps Each Side
- A5 – Glute Bridge – 15 Reps

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Week 4 - Day 10

Mobility Routine #3

- A1 – Shoulder Sweep – 10 Reps Each Side
- A2 – Worlds Greatest Stretch – 10 Reps Each Side
- A3 – Bird Dog – 10 Reps Each Side
- A4 – Box Plank – 10 Reps Each Side

Week 4 - Day 11

Mobility Routine #5

- A1 – Seated T-Spine Stretch – 5 Reps Each Side
- A2 – Forward Legs Swings – 10 Reps Each Side
- A3 – Lateral Leg Swings – 10 Reps Each Side
- A4 – Box Plank – 10 Reps Each Side

Week 4 - Day 12

Mobility Routine #6

- A1 – Half Kneeling T-Spine Rotation – 10 Reps Each Side
- A2 – Worlds Greatest Stretch – 10 Reps Each Side
- A3 – Saw Plank – 10 Reps
- A4 – Bird Dog – 10 Reps Each Side