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GET MOBILITY LIKE A FIGHTER 2.0



**EXERCISE
MANUAL**

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Mobility Exercise Manual

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Disclaimer

The information provided in this workout program is for educational purposes only. The author is not a doctor and this information shouldn't be taken as medical advice. You should get a physicians approval before attempting any of the information in this program. This program is designed for healthy adults of 18 years and older. If you have any existing injuries, conditions or health issues, please seek your physician's approval before attempting any type of information in this program. The author is not liable or responsible for any damages, resulting from the use of this program. The user acknowledges any risk of injury, caused or alleged, with the use of this information. If your physician advises to not use the information provided in the program, please abide by those orders.

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Mobility Exercise Manual

Welcome

Within this manual, you are going to learn how to perform every exercise in the Mobility Blueprint. Make sure you carefully read through the instructions in order to perform each exercise properly and safely.

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.

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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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Bird Dog

- Start in a quadruped position. Knees underneath the hips and hands underneath the shoulders.
- Keeping your abs tight, extend the opposite arm and opposite leg at the same time.
- Return to starting position and repeat for prescribed reps/time.



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Box Plank

- Start in a quadruped position. Knees underneath the hips and hands underneath the shoulders.
- Brace your abs and get your knees off the ground.
- Keep the abs braced and without moving the hips, get one hand off the ground.
- Repeat with the other hand.



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Forward Leg Swings

- Start in a standing position with one hand against the wall and feet together.
- Swing the foot that is away from the wall backwards.
- Using momentum, swing the leg forward.
- Repeat for prescribe reps/time.
- Turn around and perform the same movement with the other leg.
- Make sure to keep the torso straight.



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Glute Bridges

- Start by lying on your back. Hands on the floor. Legs bent and feet on the floor.
- Drive through your heels and bring your hips up.
- Squeeze your glutes at the top.
- Bring your hips back down and repeat the movement.



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Half Kneeling T-Spine Rotation

- Start in a half kneeling position with both hands behind your head, squeezing your shoulder blades together.
- Rotate the opposite elbow to the knee that is up.
- Return to the starting position.
- Maintain an upright torso throughout the movement.
- Repeat for prescribed reps/time.



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Hardstyle Plank

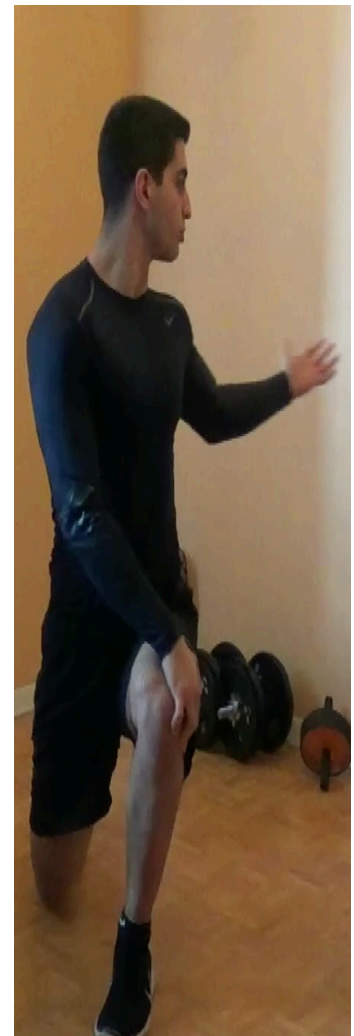
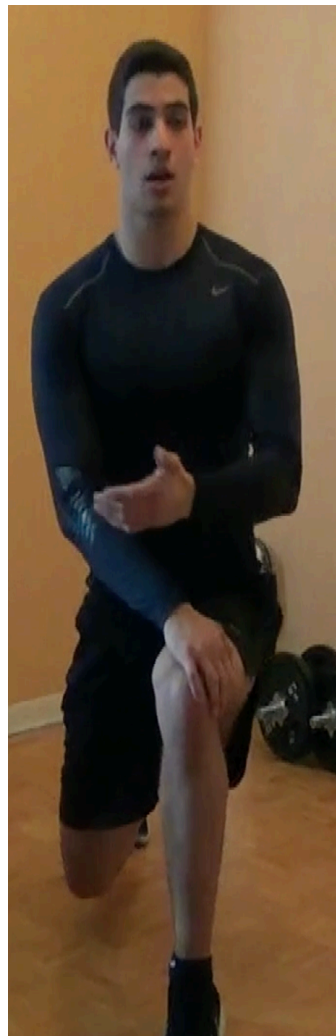
- Start in a plank position on your elbows.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Squeeze your abs, glutes, quads, and fists as hard as you can.
- Drive your elbows to your toes as hard as you can.
- Hold this tension for the prescribed amount of time.



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Knee Hug + Lunge + T-Spine Rotation

- Start in a standing position with feet shoulder width apart.
- Bring one knee to your chest and hug it tight.
- With that same leg, take a long step forward and lunge down.
- With the opposite arm, reach behind your back while rotating and keeping the arm extended.
- Come back to the starting position and repeat the movement.



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Lateral Leg Swings

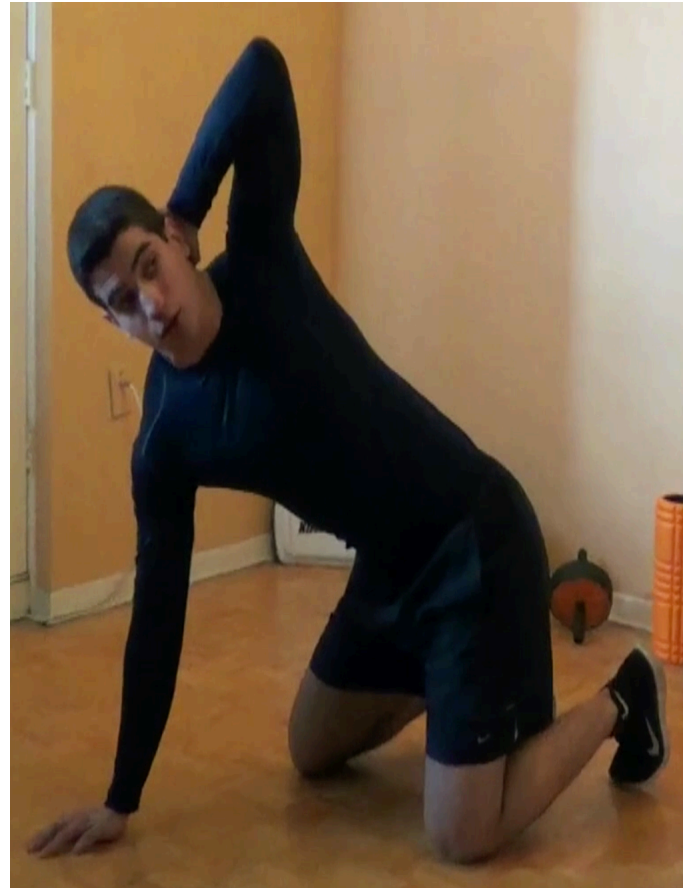
- Start in a standing position facing the wall with both hands on the wall.
- Swing one foot towards the other leg, pointing the toes inwards.
- Using momentum, swing that leg out, away from the other leg, pointing the toes out.
- Repeat for prescribe reps/time.
- Perform the same movement with the other leg.



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Quadruped T-Spine Rotation

- Start in a quadruped position. Knees underneath the hips and hands underneath the shoulders.
- Place one hand behind your head, keeping your elbow out.
- Bring that elbow inwards towards your other elbow.
- Now bring that elbow out and back, keeping your eyes at the ceiling.
- Repeat for prescribed reps/time and repeat with the other arm.



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Saw Plank

- Start in a plank position on your elbows.
- Make sure there is a straight line from your head to toes and hands away from each other.
- Shift your weight forward and plantar flex (extend) your ankle.
- Shift your weight back to the plank position.
- Repeat this movement in a rocking fashion for the prescribed reps/time.



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Seated T-Spine Stretch

- Start in a seated position with your legs extended and hands behind your head.
- Squeeze your shoulder blades together and rotate towards one side.
- After rotating, bend your elbow towards your hip.
- Repeat for prescribed reps/time.



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Shoulder Sweep

- Start by lying on your back with one leg bent over the other and hands over your head.
- Extend the arm on the side of the leg that is up.
- Slide the arm down and turn your palm over as you bend your elbow to touch your low back.
- Return to the starting position and repeat for prescribed reps/tim



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Single Leg Hip Lift

- Start by lying on your back.
- Hug one knee towards your chest and have the other leg bent and the foot on the floor.
- Drive through your heel and bring your hips up while hugging that knee.
- Squeeze your glute at the top.
- Bring your hips down and repeat the movement for the prescribed reps/time.



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Squat With Prying

- Start in a low squat position with both your elbows in-between you knees.
- Press one knee using your elbow while the other knee stays in place.
- Repeat for prescribed reps/time.



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Tactile Frog

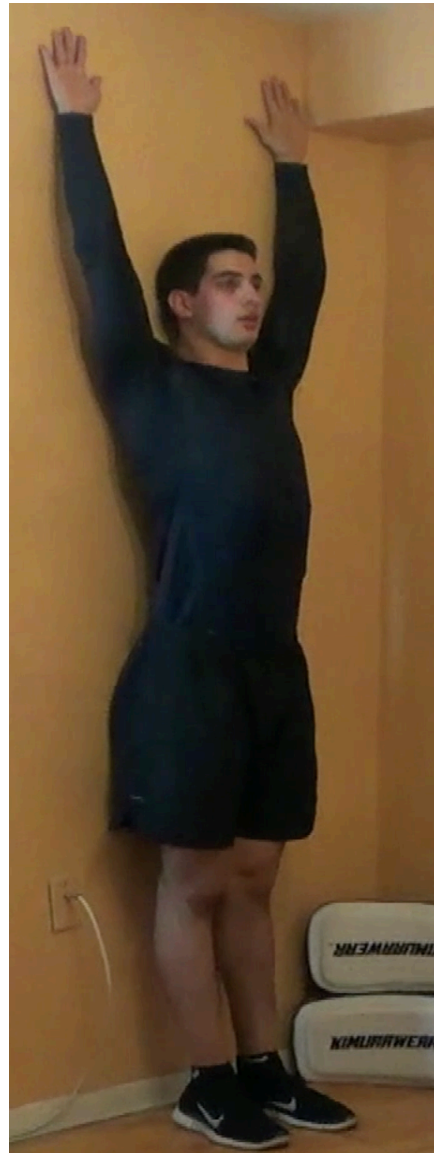
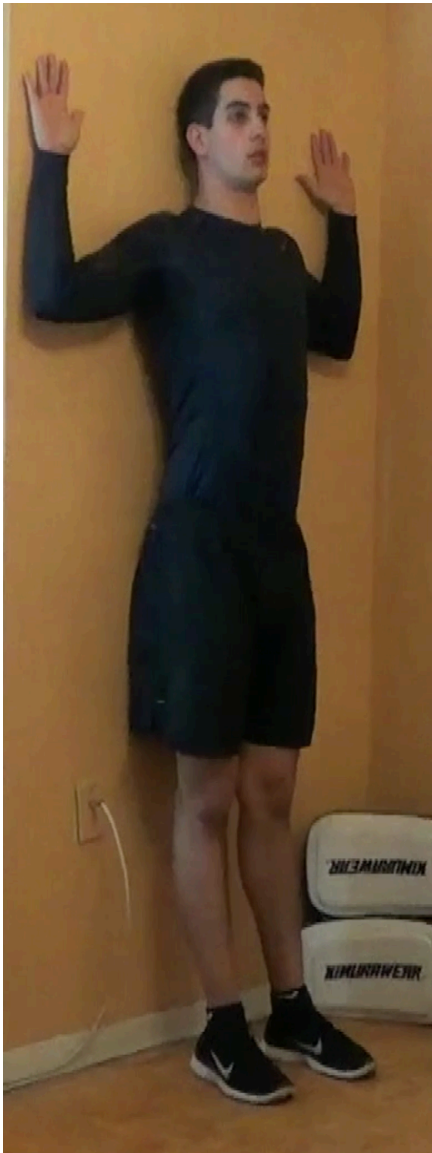
- Start with your knees and elbows on the ground.
- Slowly bring your pelvis towards the ground as your knees spread apart.
- Rock back and forth as your knees continue to spread apart.
- Repeat for prescribed reps/time.



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Wall Angels

- Start by getting your butt, shoulders, and head against a wall.
- Raise your arms and get your elbows, wrists, and fingertips touching the wall.
- Keeping all those points in contact with the wall, slide your hands over your head, straightening out the elbows.
- Bring them down to the starting position and repeat for the prescribed reps/time.



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Wall Bug

- Start by lying on your back with your hips and knees bent at a 90-degree angle. Hands are against the wall behind you.
- Press your low back into the floor by squeezing your abdominals and pressing your hands against the wall.
- Slowly extend one leg forward, bringing the heel to the floor and raise it back to the starting position.
- Repeat with the other leg.
- Make sure your low back is in constant contact with the floor and the abdominals are always tight.



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Worlds Greatest Stretch

- Start in a push up position.
- Bring one foot on the outside of your hand.
- With the arm that is beside the foot, you're going to bring the elbow towards the ground.
- With that arm, rotate and reach towards the ceiling, straightening out your elbow.
- Repeat this for the prescribed reps/time and repeat the movement on the other side.

