

Functional Mobility Workout Guide

Flexibility, Mobility, and Functional Wellness

Prepared and presented by **Coach Jim** of **Inner Summit Wellness, LLC**

Mobility Workout

Welcome to your personalized mobility workout! This guide will take you through a series of exercises designed to improve flexibility, mobility, and overall functional wellness. Each exercise is crafted to focus on different parts of the body, ensuring a comprehensive workout. Let's get started!

Spine Exercises

1. Cross Body Arm Swings

- **Instructions:** Stand with feet shoulder-width apart. Gently swing your arms across your body then out to the sides, alternating the top arm with each swing.
- **Repetitions:** 10 swings with each arm on top (20 swings total)

2. Forward/Backward Arm Swings

- **Instructions:** With feet shoulder-width apart, swing your arms overhead and back behind in a fluid motion. You can look up when swinging arms up for neck and upper back mobility.
- **Repetitions:** 10 swings in each direction

3. Standing Open Book

- **Instructions:** Stand tall with both arms out in front of you at shoulder height. Open your right arm and rotate your head and torso to the right, as if opening a book. With head, torso, and hand, rotate back to the starting position.
- **Repetitions:** 10 rotations on each side

Upper Body Exercises

4. Arm Circles Forward and Backward

- **Instructions:** Extend your arms out to the sides and make small circles, gradually increasing the size. Switch to reverse direction. Keep shoulder blades squeezed if you feel shoulder pain when increasing the size of the circles.
- **Repetitions:** 10 circles in each direction

5. Elbow Flexion/Extension

- **Instructions:** Stand with your arms at your sides and your palms facing behind you. Flex/bend your elbows and turn your palms facing the front of your shoulders. Then extend your arms back down and turn your palms to face behind you.

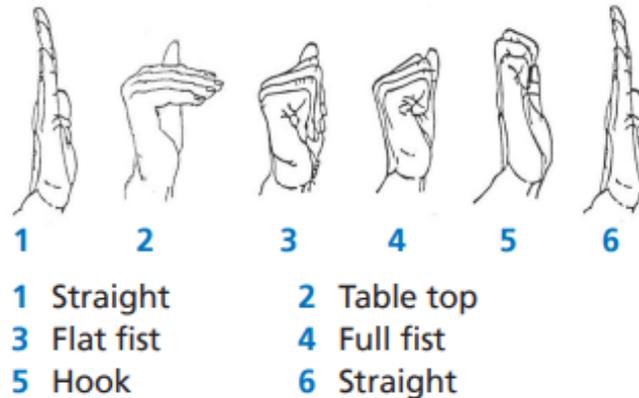
- **Repetitions:** 10 repetitions

6. Finger Tendon Glides

- **Instructions:** Follow the pattern on the picture below.

- Source:

🌐 Hand and wrist soft tissue injury A&E leaflet - University Hospitals Sussex NHS Foundatio...



- **Repetitions:** 10 repetitions per hand

Lower Body Exercises

7. Knee Driver

- **Instructions:** Stand tall and drive one knee up towards your chest, then lower it back down. Engage your lower abdominals as you drive your knee up.
- **Repetitions:** 10 repetitions per side

8. Butt Kicks

- **Instructions:** Stand shoulder width, flex/bend one knee and aim heel towards your buttocks. Keep your bending knee behind your waist to engage hamstrings.
- **Repetitions:** 10 kicks per side

9. Standing Leg Swings

- **Instructions:** Stand on one leg and swing the opposite leg forward and backward. Hold onto a sturdy surface for balance. For more stability challenge, don't hold on.
- **Repetitions:** 10 swings per side

10. Leg Swings ABD/ADD

- **Instructions:** Stand on one leg and swing the opposite leg side to side. Hold onto a sturdy surface for balance. For more stability challenge, don't hold on.
- **Repetitions:** 10 swings per side

11. Standing 90/90 Hip ER/IR

- **Instructions:** Stand and lift one leg to 90 degrees at the hip and knee. Rotate your hip externally and internally. Hold onto a sturdy surface for balance. For more stability challenge, don't hold on.
 - **Advanced:** 90/90 Hip ER/IR with simultaneous Ankle Supination/Pronation respectively

- **Repetitions:** 10 rotations per side

12. Standing 3 Way Calf Raises

- **Instructions:** Perform calf raises in three directions
 - 1.) Toes pointed forward
 - 2.) Toes pointed out 45 degrees
 - 3.) Toes turned in like a duck
- **Repetitions:** 10 raises each direction

Ankle and Foot Exercises

13. Ankle Circles

- **Instructions:** Sit or stand and rotate your ankle in a circular motion. Then, reverse the direction.
- **Repetitions:** 10 circles per direction, per ankle

14. Toe Yoga

- **Instructions:** Sit with your foot on the floor. Raise your big toe while the other 4 stay on the floor. Then, switch so your big toe is on the floor and other 4 are raised up. Try your best not to move your ankle, knee, or hip. Only move the toes.
- **Repetitions:** 10 repetitions per foot

15. Toe Curls to Toe Spreads

- **Instructions:** Curl your toes tightly and hold for 3 seconds. Then spread your toes out and hold for 3 seconds.
- **Repetitions:** 10 curls and spreads per foot

Wanting More?

1:1 Personalized Wellness Coaching

Inner Summit Wellness, LLC

Website: <https://www.innersummitwellness.com>

Instagram: @jimlaclede

Email: jim@innersummitwellness.com

Note: Always consult with a healthcare professional before starting any new exercise program. Adjust exercises to fit your comfort and ability level. Remember to stay hydrated and listen to your body throughout your workout.