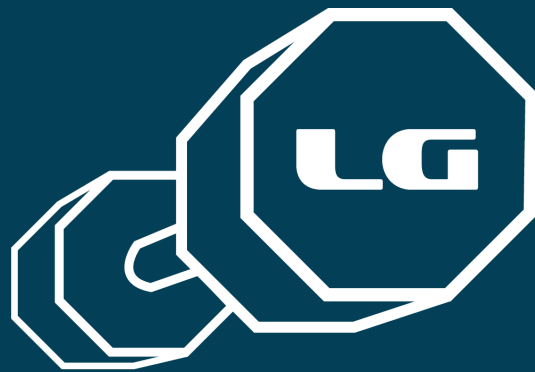


# L.G. Fitness' Basic Mobility Guide

MOVE BETTER



FITNESS

# What is Mobility

Mobility is the entire range of motion available at a joint *and* the body's control of that motion.



Mobility is more than just flexibility, because it includes the body's ability to **control** its range of motion at a given joint. Further, the mobility of one joint can affect the movement of joints above and below.

For example, when the ankle has poor mobility, the knees and hips are often affected, which will show up in a squat through things such as an excessive forward lean, heels rising, or the feet turning out and knees caving in.

To improve mobility, you need to increase both your range of motion and your ability to control movement through that range.

# *Increasing RoM*

Range of motion is the amount of motion available at a joint.

One of the more obvious and most used ways to increase range of motion at a joint is by increasing our flexibility. Flexibility is how far a muscle can extend. A joint can move more when the muscles attached to it extend further.



Stretching is the thing most people will think to use to improve flexibility. There are a few types of stretching; the most used are static and dynamic stretches. **Static stretching** involves passively taking a muscle to the point of tension and holding it. **Dynamic stretching** is actively taking a joint through its range of motion.

Foam rolling may also help reduce tension in muscles that are inhibiting movement.

# Stretching and Rolling

## Examples and Guidelines

### *Static stretching*

Do anytime, holding each stretch 20–30 seconds. Don't do prolonged stretches right before exercise.

- Toe touch
- Doorway stretch
- Piriformis stretch
- Kneeling hip flexor
- Child's pose
- Side lunge

### *Dynamic Stretching*

Dynamic stretches make for great warm ups.

- World's greatest stretch
- Leg swings
- Thoracic windmills
- Single leg squats
- Arm circles
- Hip openers

### *Areas That Can Be Foam Rolled*

Roll slowly until you find a tense spot; hold 30 seconds.

Foam roll anytime.

- Calf
- Thigh
- Glutes
- Lats (Sides)
- Mid-back
- Chest



# Exercise for Mobility

Being more flexible is great, but it's not the same as mobility. You need to also be able to actively control a joint through its range of motion.

When doing resistance training, it strengthens the tissues that protect and move the joint they're attached to. That increases control during movement, lowering injury risk.



Strength training should move joints through their full RoM. In fact, strength training has been shown to be just as effective as stretching for increasing range of motion! That means that resistance training is the best thing you can do for improving mobility.

The key is controlled movement through your whole range of motion, with good technique.

The gym bro doing quarter squats all the time isn't doing much for his mobility. But the person squatting as low as they can with good technique is.

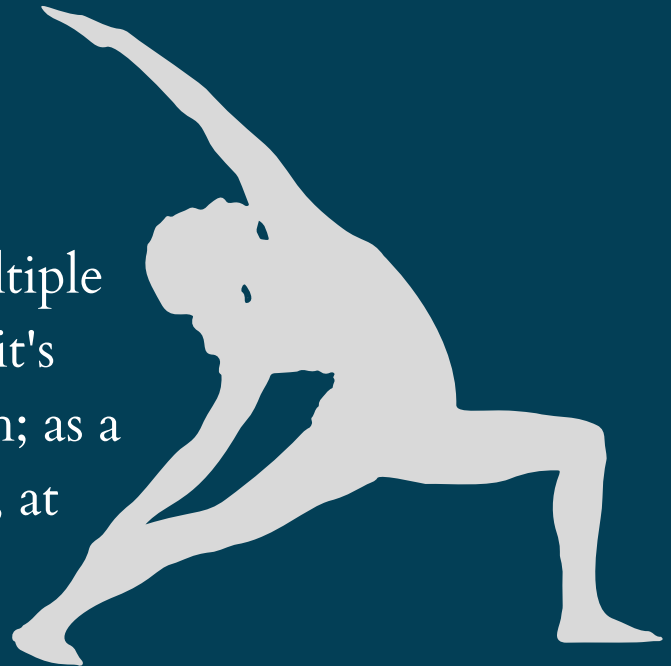
# *Put It Together*

## *Do a Warmup*

Use dynamic stretching and foam rolling in your warmup routine.

## *Do Some Stretching*

Find time to stretch multiple days a week, whenever it's easiest to follow through; as a cooldown after exercise, at bedtime, etc.



## *Do Resistance/Strength Training*

Do weight lifting, yoga, or another form of resistance training that can put your joints through their range of motion a few days a week.