

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Mobility Program

Day 1: Lower Body focus

Goal: Open up the hips and improve ankle dorsiflexion.

- 1. 90/90 Hip Switches: (2 minutes)**
 - Sit on the floor with knees bent at 90 degrees, one leg in front and one to the side. Rotate your knees to the opposite side without lifting your feet.
 - 2. World's Greatest Stretch: (3 minutes)**
 - Step into a deep lunge. Place the inside elbow to the floor, then rotate that same arm toward the ceiling. Switch sides every 5 reps.
 - 3. Combat Stretch: (2 minutes)**
 - Kneel on one knee. Lean forward, pushing your front knee over your toes while keeping the heel glued to the floor to target the calves/ankles.
 - 4. Deep Squat Sit with Prying: (1-2 minutes)**
 - Drop into a deep squat. Use your elbows to push your knees out while shifting your weight side to side.
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Day 2: Upper Body & Posture

Goal: Combat "desk posture" by opening the chest and mobilizing the mid-back.

- 1. Cat-Cow: (1 minute)**
 - On all fours, cycle between arching your back (looking up) and rounding it (looking at your belly button).
 - 2. Thoracic Rotations (Quadruped): (2 minutes)**
 - On all fours, place one hand behind your head. Bring that elbow to the opposite wrist, then rotate it up toward the ceiling. Perform 10 reps per side.
 - 3. Thread the Needle: (2 minutes)**
 - From all fours, slide one arm under the other until your shoulder touches the floor. Hold for 3 seconds and switch.
 - 4. Wall Slides: (2 minutes)**
 - Stand with your back, head, and elbows against a wall. Slowly slide your arms up and down in a "Y" motion without letting your lower back arch.
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Day 3: Full Body Integration

Goal: Connect the upper and lower kinetic chains through movement.

- 1. Inchworms: (2 minutes)**
 - From standing, fold forward and walk your hands out to a plank, then walk your feet back up to your hands.
- 2. Cossack Squats: (2 minutes)**
 - Take a very wide stance. Shift your weight to one side, squatting deep while the other leg remains straight with toes pointed up.
- 3. Downward Dog to Cobra: (2 minutes)**
 - Flow between a standard Downward Dog (hips high) and a Cobra stretch (hips to floor, chest up).
- 4. Scorpion Stretch: (2 minutes)**
 - Lie on your stomach with arms out in a "T." Reach your right foot over your body toward your left hand, then switch.