



# MOBILITY PROGRAM

## 3-DAY RESTORE & PERFORMANCE SYSTEM

INVICTUS SPORTS PERFORMANCE & FITNESS • [invictussports.org](http://invictussports.org)

### Move Better. Lift Heavier. Stay Unbreakable.

Tight hips, stiff ankles, and desk posture are killing your performance. This INVICTUS 3-day mobility system is designed to restore range of motion, open the hips, improve ankle dorsiflexion, and unlock your thoracic spine — so you can squat deeper, press safer, and recover faster.

**How to Use:** Do as standalone routine on off-days, or as 8-10 min warm-up before lifting. Breathe deep, move slow, never force into sharp pain. Consistency > intensity.

### MOBILITY RULES

- **Frequency:** 3x/week or daily pre-workout • **Duration:** 8-10 min per day • **Breathing:** Inhale through nose 4 sec, exhale 6 sec — exhale to go deeper
- **Effort:** 6/10 stretch — mild discomfort, not pain • **Progression:** Add 30 sec per movement each week or add 1 round

### DAY 1: LOWER BODY FOCUS — HIPS & ANKLES

***Goal:** Open up the hips and improve ankle dorsiflexion for deeper squats and healthier knees.*

| MOVEMENT           | DURATION / REPS | EXECUTION & COACHING CUE                                                                                                                                                         |
|--------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 90/90 Hip Switches | 2 minutes       | Sit on floor, knees bent at 90°, one leg in front and one to side. Rotate knees to opposite side without lifting feet. Keep chest tall, hands light for balance. 5 sec per side. |

|                                   |             |                                                                                                                                                           |
|-----------------------------------|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>World's Greatest Stretch</b>   | 3 minutes   | Step into deep lunge. Place inside elbow to floor, then rotate same arm toward ceiling. Switch sides every 5 reps. 30-40 sec per side, flow continuously. |
| <b>Combat Stretch</b>             | 2 minutes   | Kneel on one knee (half-kneel). Lean forward, pushing front knee over toes while keeping heel glued to floor to target calves/ankles. 1 min per leg.      |
| <b>Deep Squat Sit with Prying</b> | 1-2 minutes | Drop into deep squat, feet flat. Use elbows to push knees out while shifting weight side to side. Hold 20 sec left, 20 sec right, pry open.               |

## DAY 2: UPPER BODY & POSTURE — CHEST & T-SPINE

*Goal: Combat "desk posture" by opening the chest and mobilizing the mid-back. Perfect for anyone who sits or benches heavy.*

| MOVEMENT                              | DURATION / REPS | EXECUTION & COACHING CUE                                                                                                                                     |
|---------------------------------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Cat-Cow</b>                        | 1 minute        | On all fours, hands under shoulders, knees under hips. Cycle between arching back (inhale, look up) and rounding (exhale, look at belly button). 1 sec each. |
| <b>Thoracic Rotations (Quadruped)</b> | 2 minutes       | On all fours, one hand behind head. Bring elbow to opposite wrist, then rotate up toward ceiling. 10 reps per side, 3 sec hold at top.                       |
| <b>Thread the Needle</b>              | 2 minutes       | From all fours, slide one arm under the other until shoulder touches floor. Hold 3 sec and switch. Feel mid-back open.                                       |
| <b>Wall Slides</b>                    | 2 minutes       | Back, head, and elbows against wall. Slowly slide arms up and down in 'Y' motion without letting lower back arch. Keep ribs down.                            |

## DAY 3: FULL BODY INTEGRATION — KINETIC CHAIN

*Goal: Connect the upper and lower kinetic chains through movement. Flow, don't rush.*

| MOVEMENT              | DURATION / REPS | EXECUTION & COACHING CUE                                                                                                                       |
|-----------------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Inchworms</b>      | 2 minutes       | From standing, fold forward and walk hands out to plank, pause, then walk feet back up to hands. Hinge at hips, slight knee bend ok. 6-8 reps. |
| <b>Cossack Squats</b> | 2 minutes       | Very wide stance. Shift weight to one side, squat deep while other leg stays straight, toes up. 5 per side, hold bottom 2 sec.                 |

|                              |           |                                                                                                                                          |
|------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Downward Dog to Cobra</b> | 2 minutes | Flow between Downward Dog (hips high, heels down) and Cobra (hips to floor, chest up). 5 sec each pose, breathe.                         |
| <b>Scorpion Stretch</b>      | 2 minutes | Lie on stomach, arms out in 'T'. Reach right foot over body toward left hand, then switch. Controlled, 3 sec hold. Opens hips + T-spine. |

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## COACHING NOTES FROM INVICTUS

- **When to Do It:** Off-days = full 8-10 min routine. Training days = pick Day that matches lift (Day 1 before squats, Day 2 before bench/press, Day 3 before deadlifts or as recovery).
- **Breathing is the Key:** Long exhale unlocks range. Don't hold breath — inhale to prepare, exhale to go deeper.
- **Track Progress:** Test squat depth, overhead reach, and toe-touch before Week 1 and after Week 4. Small wins compound.
- **Combine with Strength:** Mobility without strength is fragile. Pair this with our 3-Day, 4-Day, or PPL programs at [invictussports.org](http://invictussports.org).
- **Consistency:** 8 minutes daily beats 60 minutes once a week. Put it on calendar like a meeting.

**Move well = Lift well = Live unconquered.**



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Educational purposes only. Stop if sharp pain, numbness, or tingling. Consult physician if history of joint injury or surgery.