

A woman with dark hair in a braid, wearing a black short-sleeved top tied at the waist and purple leggings, is performing a deep backbend (Urdhva Dhanurasana) on a blue yoga mat. She is on her hands and knees, with her feet flat on the floor and her hips lifted high. Her head is tilted back, and her arms are extended upwards. The background features a white wall with a wooden shelf holding framed pictures and a potted plant. The floor is light-colored wood.

**beyond flexibility**



A woman with her hair in a bun, wearing a black t-shirt and purple leggings, is performing a deep squat on a blue mat. She is barefoot and her hands are clasped in front of her. The background features white wardrobes, a wooden shelf with framed pictures and a potted plant, and a black floor lamp. The text "full body mobility" is overlaid in a large, bold, black font.

**full body mobility**

# full body mobility

This Full Body Mobility Routine is super short & sweet. You can do it at home, gym, anywhere! It gets your joints nicely warmed up and prepared for any movement that you're about to do.

*Are you heading to jiu jitsu?*

*Are you going to lift heavy weights?*

*Are you going climbing?*

Use these as a warm up!

Also, feel free to use these just on their own. It will keep your joints mobile and healthy.

One round of these is enough, two is better :).

# wrist circles

- Sit comfortably, bend your elbows and start circling your hands.
- Nice and big circles, go slow or fast, whatever feels best.
- Repeat 10 times one direction and then switch directions.





# shoulder opener

- Start in an Extended Puppy Pose – knees under your hips and your arms stretched out.
- Tuck your tailbone and bring your belly to the spine, keep your hands pressing to the mat.
- Hold this position for 30 seconds.
- After that, arch your back, bringing your chest as close to the mat as possible for 20 seconds.
- For the last 10 seconds, re-tuck your tailbone, bringing the belly to the spine while trying to keep your armpits as close to the mat as possible.



# lat stretch



- Lie down on your belly, extend your left arm to the side with a 90 degree bend in your elbow.
- Lift up your right leg and roll over to the left side.
- Right hand is pressing to the ground, helping you shift the body.
- Find the floor with your right foot.
- Stay for 30 seconds on each side.



# squat to stand



- Start in a Squat with your feet shoulder width apart, toes pointing slightly outwards.
- Put your palms down in front of you and slowly stretch your legs allowing your hamstrings to lengthen.
- Don't worry if you don't stretch your legs completely, simply bend your knees, but make sure to still feel the stretch in your hamstrings.
- Hold the top position for 2 seconds and then come back into a Squat.
- Repeat for 10 repetitions.

# knee away

- Come into your Deep Squat position.
- Place your hand on your knee from the inner side and try to pull it away from the body as much as possible.
- Your hips might lift up which is completely okay.
- Let it drop back in.
- Repeat 10 times and hold the last time 10 seconds.
- Change sides.





# knee in and out

- Start in a Deep Squat position.
- Try to push the right knee as far back as possible, lightly lifting your right inner side of the foot.
- Then drop the right knee down to the mat (as far down as it feels comfortable).
- Do 10 reps each side, while alternating the sides.
- You can use your hands in front for support.
- **Make it easier:** Sit down on your bum and do the same movement with the legs, just seated.





**upper body warm up**



# upper body warm up

Use this before practicing your backbends.

Going through this once (before every backbends practice) is sufficient.

# wrist circles

- Sit comfortably, bend your elbows and start circling your hands.
- Nice and big circles, go slow or fast, whatever feels best.
- Repeat 10 times one direction and then switch directions.





# first knuckle push-up



- Start in a Tabletop position with your hands underneath your shoulders.
- Keep the fingers on the mat, lift up your palms and then slowly put them back.
- You can make this exercise easier by bringing your knees closer to your hands.
- Make sure your shoulders are above your knuckles, not behind, the more weight there is on your hands, the harder it will be.
- Repeat for 10 repetitions.

# shoulder opener

- Start in an Extended Puppy Pose – knees under your hips and your arms stretched out.
- Tuck your tailbone and bring your belly to the spine, keep your hands pressing to the mat.
- Hold this position for 30 seconds.
- After that, arch your back, bringing your chest as close to the mat as possible for 20 seconds.
- For the last 10 seconds, re-tuck your tailbone, bringing the belly to the spine while trying to keep your armpits as close to the mat as possible.





A woman with long brown hair in a braid is performing a backbend yoga pose on a dark blue mat. She is wearing a black short-sleeved top with a knot at the back and purple leggings. Her hands are on the floor, and her feet are also on the floor, with her back arched and head tilted back. The background features white wardrobes and a wooden shelf with a plant and a framed picture.

**backbends**

# backbends

This backbending routine stands on its own or is a great way how to work on your backbends during gym time or in between other moves.

**Repeat these exercises 2 times (Go first trough all five and then repeat).**

You can do one exercise after another but give yourself a bit of rest in between these exercises and the sets.

I like to take this routine to the gym and alternate the exercises with practicing handstands or other mobility / flexibility things.

Feel free to combine it with any lower body routine!



# dynamic camel

- Start in a kneeling position.
- Reach for your right heel, making a half circle with your right hand, stretching it out and opening the chest.
- When going back, try to round your spine and then reach for the other heel, making a half circle with your other arm.
- Make 5 repetitions on each side
- **Make this easier:** Bring your toes down, so your heels are closer to your hands.



# camel



- Come into a full Camel position.
- Puff up your chest.
- You can either drop your head back or look towards the sky, whatever feels better.
- Stay in this position for a few breaths, as long as it feels good.
- Make this easier: Put the toes down if you need your heels to be closer to your hands.



# wall flexibility



- Come to the wall, stand about a foot and a half away.
- Bring your palms and arms on the wall, arch your spine and try to bring your chest on the wall.
- Stay here for a few breaths.
- Bend the knees, slide down with your arms and chest.
- Try to stretch the legs again, the upper body stays where it is.
- Stay here for a few breaths.

# dynamic wheel

- Start in a Deep Squat position.
- Place your right hand behind you (fingers reaching away from you).
- Come onto your toes, open your chest and half circle your left arm so it ends up reaching behind you.
- Come back into a Deep Squat and do the same on the other side.
- Make 5 repetitions on each side and if you feel secure, come into a full Wheel this way.







# wheel

- Come into a full Wheel position.
- Make sure your hands are about shoulder width apart (not too close and not too wide) and legs about hip width apart.
- Try to open your shoulders as much as possible by bringing most of your weight onto your hands.
- Look up to the sky, this way you can open your chest and shoulders even more.
- Stay in this position for a few breaths, as long as it feels good.



# lower body warm up

A woman with brown hair in a bun, wearing a black t-shirt and purple leggings, is performing a lower body warm-up stretch on a blue mat. She is in a crouched position with her knees pulled up towards her chest and her hands reaching down towards the floor. The background features a white wall, a wooden shelf with a potted plant and framed pictures, and a black floor lamp.



# lower body warm up

Use this lower body warm up before working on your front splits and middle splits.

Going through that only one time is sufficient.

# squat to stand



- Start in a Squat with your feet shoulder width apart, toes pointing slightly outwards.
- Put your palms down in front of you and slowly stretch your legs allowing your hamstrings to lengthen.
- Don't worry if you don't stretch your legs completely, simply bend your knees, but make sure to still feel the stretch in your hamstrings.
- Hold the top position for 2 seconds and then come back into a Squat.
- Repeat for 10 repetitions.



# knee away

- Come into your Deep Squat position.
- Place your hand on your knee from the inner side and try to pull it away from the body as much as possible.
- Your hips might lift up which is completely okay.
- Let it drop back in.
- Repeat 10 times and hold the last time 10 seconds.
- Change sides.





# prayer squat

- Start in a Squat with your feet shoulder width apart, toes pointing slightly outwards.
- If your heels lift up off the floor while doing that, put blocks or books under them for support.
- Bring your hands into a prayer position with your elbows touching the inner sides of your thighs.
- Press your elbows to your thighs allowing them to open even more.
- Repeat for 10 small pulses and hold the last rep for 10 seconds.



# knee in and out

- Start in a Deep Squat position.
- Try to push the right knee as far back as possible, lightly lifting your right inner side of the foot.
- Then drop the right knee down to the mat (as far down as it feels comfortable).
- Do 10 reps each side, while alternating the sides.
- You can use your hands in front for support.
- **Make it easier:** Sit down on your bum and do the same movement with the legs, just seated.





# front splits

A woman with dark hair tied in a bun is performing a front split on a light blue yoga mat. She is wearing a black t-shirt and purple leggings. Her right leg is extended forward, and her left leg is bent with the foot flat on the floor. She is leaning forward, with her hands resting on the mat. The background features white cabinets and a wooden shelf with a framed picture and a potted plant.



# front splits

This front splits routine stands on its own or is a great way how to work on your front splits during gym time or in between other moves.

**Repeat these exercises 3 times (Go first trough all three and then repeat)-**

You can do one exercise after another but give yourself a bit of rest in between these exercises and the sets.

I like to take this routine to the gym and alternate the exercises with practicing handstands.

# one leg good mornings

- Start with your legs hip width apart, one leg in the front.
- Put a yoga block / books under your front foot.
- Try to arch your spine and slowly bring your chest down.
- Don't drop down too much, keep arching the back.
- Keep your hands at the chest.
- **For a harder version:** Take a dumbbell or any weight and hold it at your chest (start small!)
- Do 5 reps each side and hold the last one for 5 seconds.





# wushu head to toe

- Stand with your feet hip width apart, one foot in the front.
- Elevate the foot on books / block.
- Connect the hands together (picture for reference) and try to tap your forehead on the thumb.
- Do 20 repetitions and then switch sides.
- The hands are there for reference, each day you try this, try to go a bit lower.





# front split prep

- Right leg is stretched out in front of you, while the other is bent.
- Bring your hands on the floor or on yoga blocks / books.
- Slide down with your front foot forward.
- Engage your muscles and pull the leg back into the starting position.
- Repeat 10 times and on the last rep, go into your passive front split.
- Hold for about 10 seconds.
- Switch sides.







# middle splits & pancake

# middle splits & pancake

This middle splits and pancake routine stands on its own or is a great way how to work on your splits during gym time or in between other moves.

**Repeat these exercises 2 times (Go first trough all four and then repeat).**

You can do one exercise after another but give yourself a bit of rest in between these exercises and the sets.

I like to take this routine to the gym and alternate the exercises with practicing handstands.



# pancake

- Sit on the floor and spread your legs about 90 degrees.
- Either point or flex your toes.
- Bring your torso down (as much as you can) and then up.
- Try to keep your spine straight, if your back is rounding, sit up on something and go forward only until your back is straight.
- **Make it harder:** Place your hands behind your head or have them stretched out in front of you.
- **Make it even harder:** If you're in a gym, take a dumbbell or a weighted plate (start with small weights!) and do these with your weight on your upper back - GAME CHANGER!



# leg overs

- Spread your legs about 90 degrees.
- Put a book next to your right foot and bring your hands on the floor next to your leg.
- The further the hands are, the harder it is going to be.
- Lift up your leg, bring it over the book and put it down on the other side of the book.
- That's one repetition.
- Do 20 repetitions.
- **For an easier variation:** Bend the other leg.





1)



2)



# active middle split

- This exercise has two parts.
- **1)** Stand with your legs comfortably apart.
- Squeeze your butt as much as possible and try to bring your feet apart (they won't actually move, but your muscles will activate).
- Hold for 10 seconds.
- Then try the opposite – try to bring your feet away as much as possible (again, they don't move).
- Hold for 10 seconds.
- **2)** Do the same as in the previous exercise but go deeper.

# passive middle split



- Come into your Middle Split, as down as possible.
- Place your hands in front of you for support or place them on something (chair) if you're too high.
- Hold for 15-30 seconds.





**handstand mobility**

# handstand mobility

Are you working on your handstands or other weight bearing move? Then these following moves are absolutely essential!

Do them before every one of your sessions.

One round is generally enough.



# wrist circles

- Sit comfortably, bend your elbows and start circling your hands.
- Nice and big circles, go slow or fast, whatever feels best.
- Repeat 10 times one direction and then switch directions.



# first knuckle push-up



- Start in a Tabletop position with your hands underneath your shoulders.
- Keep the fingers on the mat, lift up your palms and then slowly put them back.
- You can make this exercise easier by bringing your knees closer to your hands.
- Make sure your shoulders are above your knuckles, not behind, the more weight there is on your hands, the harder it will be.
- Repeat for 10 repetitions.



# shoulder opener

- Start in an Extended Puppy Pose – knees under your hips and your arms stretched out.
- Tuck your tailbone and bring your belly to the spine, keep your hands pressing to the mat.
- Hold this position for 30 seconds.
- After that, arch your back, bringing your chest as close to the mat as possible for 20 seconds.
- For the last 10 seconds, re-tuck your tailbone, bringing the belly to the spine while trying to keep your armpits as close to the mat as possible.



# lat stretch



- Lie down on your belly, extend your left arm to the side with a 90 degree bend in your elbow.
- Lift up your right leg and roll over to the left side.
- Right hand is pressing to the ground, helping you shift the body.
- Find the floor with your right foot.
- Stay for 30 seconds on each side.