



CFC BASIC MOBILITY PROGRAM

SQUAT DAY:

- A. Passive Squat Hold: 3 x 30 sec hold, 15 sec rest between
- B. Frog Hold: 2 minutes x 1
- C. Cossack Squat (alternating): 2 x 10 reps
*Heels can lift to get below parallel. Try not to.
- D. Active Squat Hold: 3 x 30 sec hold, 15 sec rest between



Squat Pattern

ANKLE DAY:

- A. Knee Over Toes Hold 3 x 30 sec
*Elevate foot if able, heel down
- B. Saddle: 3 x 30 sec, 15 rest
- C. Bent Knee Slow Lower 2 x 5 reps (5 sec lower)
- D. Feet together Squat Hold 3 x 30 sec, 15 rest



Ankles

THORACIC AND ROTATION:

- A. Lying Book Openers: 2 x 5 reps (each side)
- B. Hugging Rotations (alternate) 3 x 10 reps
- C. Side Bend 2 x 30 seconds
- D. Tabletop or Bridge Up 3 x 20 seconds



Thoracic & Rotation

HINGING AND BENDING:

- A. Wall Hinges 3 x 10 reps
- B. Jefferson Curl 3 x 5 reps
- C. Single Leg Lying Wall PNF3 x 5 (3 sec push)
- D. Sit and Reach 3 x 30 sec, 15 rest



Hinging & Bending

SHOULDERS, PECS AND OVERHEAD

- A. A, T, W's 2 x 10 (all 4 positions)
- B. Prone Passthroughs 2 x 10
- C. Prone external rotation 3 x Max
- D. Prone Overhead Dow Hold 3 x 30 sec, 15 rest



Shoulders, Pecs & Overhead

QUADS AND HIPS:

- A. Corner Couch Stretch (Hips) 2 min each side
- B. Single Leg Hip Compression 2 x 5 (5 sec hold)
- C. Supine Wall Squat 2 min
- D. 90/90 with leg lift 2 x 10 (2 sec hold)



Quads & Hips