

CROSSFIT 108



MOBILITY

HANDBOOK



TABLE OF CONTENTS

01

Guide to Training

02

Overhead mobility

03

Squat & Lower body mobility

04

Split Program



SUCCESS ISN'T FOUND OVERNIGHT. ITS THE DAY-BY-DAY IMPROVEMENTS THAT ALL ADD UP!

We've created this manual just for you, no matter your fitness or flexibility! This step-by-step guide will help you with any areas of basic mobility and movements you would like to work on. You can start at anytime, and fit it into your schedule when you can - a daily practice may see quicker results, or add it into your other workouts and weekly activities. The program covers the basics to improve your:

- Overhead Mobility
- Squat and lower body Mobility
- Splits program

We've added images throughout the manual and video demonstrations can be found on our YouTube channel "CrossFit 168" to help you understand the way each movement looks, and as an example of a good "rep" to work towards. As always if you have any questions, please reach out to your coaches to help you. Right now is your opportunity to work on the things you have been putting off, use this time to build a better base and come back more flexible and stronger than ever.

OVERHEAD MOBILITY

WHY SHOULD I WORK ON MY MOBILITY?

Overhead mobility is one of the main limiting factors we see in the gym.

Whether it be during weightlifting sessions, or gymnastics, limited mobility can impact even the simplest of tasks.

The shoulder joint is one of the most mobile joints in the body, however due to so many of us working in sedentary jobs where we sit all day, our shoulders and mid back have suffered, and we now have limited mobility and restricted movement.

This manual contains exercises that will help improve flexibility around the pecs, lats and thoracic spine (mid back), as well as exercises that will help strengthen the shoulder joint.

It is designed to provide you with tools and exercises you can complete at home, with little to no equipment, to improve your overhead mobility.

Overhead limitations are incredibly common amongst adults, specially those who work sedentary jobs. We will start by testing your overhead mobility and then prescribe various exercises to help improve flexibility.

TEST 1

- 1.Lie with your back on the floor and bring your knees to your chest
- 2.Make sure you are in a hollow position and your lower back remains **completely flat on the floor.**
- 3.Raise your arms above your head, keeping them straight and next to your ears.
- 4.Aim is to get your palms on the floor without bending elbows or lower back coming off the ground.



If you were able to touch the floor with your palms, keep your arms straight and your lower back flat on the floor, you have acceptable overhead flexibility. If you were unable to do so, we need to work on some exercises.

TEST 2

1. Similar to test 1 above but performed seated against a wall.
2. Sit with your legs together, straight in front of you and your lower back completely flat against the wall.
3. Without arching your lower back, raise your arms straight above your head, keeping biceps by your ears.
4. Aim is to get the back of your hands flat against the wall without lifting your lower back, shoulders or head off the wall.

DO: Keep back flat on the wall:



If you can perform this successfully, you have sufficient mobility, otherwise perform the fixes.

Don't: Bend knees and arch back off the wall



OVERHEAD MOBILITY

Prayer Stretch (Childs Pose)

Start on all fours and drop your hips and butt down to your heels. Reach arms out in front of you and stretch as far as possible, keeping hips down and pushing chest towards the floor. (see figure1.)

Repeat the stretch with your hips stacked above your knees (see figure 2). 2 sets, 10-20s hold.



Figure 1.



Figure 2.

Box/Bench Lat Stretch

Start in a kneeling position with your elbows on a box or bench.

Keep your hands close together and elbows out wide.

Reach your hands back behind your head and as far down your back as possible. Push your chest towards the floor and hold for 5s. (figure 1)

Repeat the steps above but instead of pushing your chest to the floor, round out your mid back and push your hips back towards your heels. (figure 2).

Repeat steps above holding a pvc pipe or light weight in your hands (figure 3). 2 sets, 20s hold each time.



Figure 1.



Figure 2.

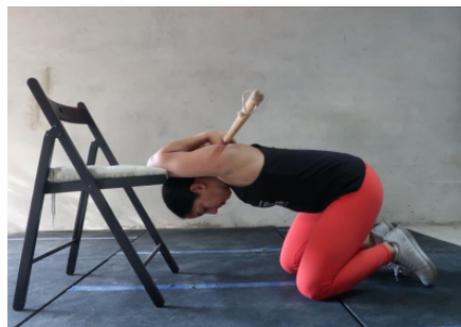


Figure 3.

Benefits of stretching

- Increases your flexibility.
- Increases your range of motion.
- Improves your performance in physical activities.
- Increases blood flow to your muscles.
- Improves your posture.
- Helps to heal and prevent back pain.
- Is great for stress relief.
- Can calm your mind.

OVERHEAD MOBILITY

“Thread the Needle” Stretch

Start on all fours, with shoulders stacked above wrists and hips stacked above knees.

Slowly bring your right arm under your left and lower until your right shoulder is on the floor, looking up towards the ceiling. Hold for 5s then bring your right arm up towards the ceiling, rotating your chest up as much as mobility allows. (figures 1, 2 and 3)

Repeat on both sides.

To intensify the stretch, when you thread your right arm under your left and your shoulder is on the floor, extend your left arm up above your head so that it is straight (figure 4): Perform 8 reps per side.



Figure 1.



Figure 2.



Figure 3.



Figure 4.

Back Rotations

Sit tall with a foam roller or towel between your knees to stabilise.

Place a broom stick on your back (like a back squat) with arms wide and rotate gently to your right as far as you can.

Once you reach the end point, turn the right side of your body down towards the floor. Repeat both sides. 2 sets, 5-10 reps per side.



Figure 1.



Figure 2.



Figure 3.

Pec Stretch – Standing

Stand against the corner of a wall

Bring both arms up into an L shape with each arm on a wall. Push your chest forward gently until you feel the stretch through your chest and pecs. Hold stretch for 10-20s,



Figure 1.

FIX - STRETCHES

Benefits of stretching

- Increases your flexibility.
- Increases your range of motion.
- Improves your performance in physical activities.
- Increases blood flow to your muscles.
- Improves your posture.
- Helps to heal and prevent back pain.
- Is great for stress relief.
- Can calm your mind.

OVERHEAD MOBILITY

Pec Stretch – Lying (high and low)

Lie face down on the floor and bring your right arm to your side, making sure your right wrist is in line with your shoulder (figure 1).

Gently, push off your left arm raising your left shoulder off the floor and towards the ceiling. Repeat the process with your arm slightly higher (figure 2). Repeat on both sides. Hold each stretch for 10-20s per side.



Figure 1.



Figure 2.

Prayer Squat & Reach

Start in the bottom of a squat position with elbows in knees pushing them out, and hands together in front of your chest. Grab your right ankle with your left hand and reach up to the ceiling with your right hand. Rotate your chest towards the ceiling as much as possible. Repeat on both sides. 2 sets, 10 reps per side.

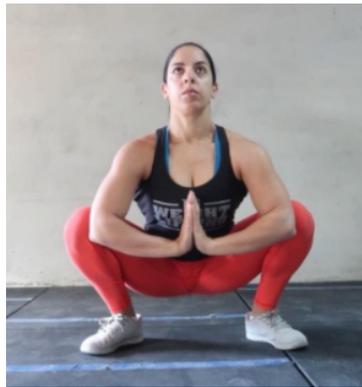


Figure 1.



Figure 2.

FIX - STRETCHES

Benefits of stretching

- Increases your flexibility.
- Increases your range of motion.
- Improves your performance in physical activities.
- Increases blood flow to your muscles.
- Improves your posture.
- Helps to heal and prevent back pain.
- Is great for stress relief.
- Can calm your mind.



OVERHEAD MOBILITY

FIX - STRENGTHENING

Strength training is a very effective tool for injury prevention for a variety of reasons. Strength training improves the strength of the muscles, tendons, and even the ligaments and bones. Stronger muscles and tendons help hold the body in proper alignment and protect the bones and joints when moving or under impact.

Lying YTW

Lie face down on the floor maintaining a perfect hollow position. Bring your arms above your head in a Y shape, followed by T shape and finally a W shape. Don't shrug and keep pulling shoulder blades down and back. Perform 3 sets of 6 reps. YTW is one repetition.



Figure 1.

Figure 2.

Figure 3.

Lying Mid Back Stretch

Lie face down on the floor with your chin to your chest and feet together. Bring your arms up into an L shape and squeeze your shoulder blades down and back together. Slowly lift your chest off the ground keeping your head down. Perform 8 sets, holding each set for 5 seconds.



Figure 1.

1. External Rotation Exercises (3 sets, 6 reps each side)

The aim of these exercises is to improve flexibility first, then strengthen the shoulders.

1. Attach a light resistance band to a secure point at approximately shoulder height. Holding the band in one hand, stand at a distance so that the band is only slightly under tension when your arm is extended out at shoulder height.
2. Keeping traps/shoulders down, retract your scapula (shoulder blade) by drawing it slightly down and towards your spine. No arm bending at this point; the only movement is from your scapula.
3. Gently "row" the band towards your body. Your elbow should remain elevated, finishing slightly below your shoulder line; your hand should be in line with your chest, palm towards the floor. The band should be giving a little more resistance.
4. Rotating at the elbow and shoulder, raise your hand so that your palm is facing the same direction as your body. Your upper arm and forearm should almost make a 90 degree angle. Resistance on the band should have increased, but it should not be difficult to hold in this position.
5. Extending at the elbow and pressing through your shoulder, bring your arm to overhead in a similar position to where you catch a snatch. Resistance on the band should again increase, but not force you to strain to hold.
6. Repeat in reverse to return to start position. Complete 6 reps of the series each arm, for three sets.



SQUAT MOBILITY

Squat Mobility

This is usually the most common cause of squatting limitations, and the easiest to fix. We're going to focus on two main areas; the ankles and the hips, and for each, we are going to test and retest

ANKLES

TEST

- i) Kneel in front of a wall with your shoes off
- ii) Place your right foot in front of the wall (approx. 5 inches between the wall and your big toe) - Figure 1.
- iii) Push your right knee forward as far as possible without your right heel coming off the floor. Figure 2.
- iv) Repeat test with left foot.

If you were able to touch the wall without your heel coming off the floor and your knee tracking/collapsing in, you have acceptable ankle mobility.

If you were unable to touch the wall, then we need to work on some fixes.



Figure 1.



Figure 2.

FIX

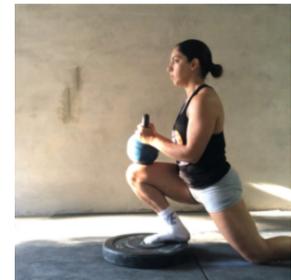
- i) Elevated ankle stretch:

Note: if you have a band and a post to attach it to, perform this stretch with band

anchored to post behind you, and wrapped around the top of your ankle



Without load



With load

- ii) Foam rolling calves

Make sure you roll gently and from side to side. Foam rolling should be slow, with lots of pauses (not rolling aggressively up and down as fast as you can!).

- iii) Goblet squat hold with ankle loading

Keep heels down and shift weight from right to left ankle. Retest after completion.



Figure 1.

BENEFITS OF SQUATTING

- Strengthens your core.
- Reduces the risk of injury.
- Boosts athletic ability and strength.
- Variety helps with motivation.
- Can be done anywhere.
- strengthening the muscles in the legs, including the quadriceps, calves, and hamstrings.
- strengthening the knee joint.
- burning fat and promoting weight loss.
- strengthening the lower back.
- improving flexibility in the lower body.

SQUAT MOBILITY

HIPS

TEST

For Internal Rotation:

- i) Sit tall on a chair or bench with feet and hips square.
- ii) Raise your right foot slightly off the floor and rotate to the right making sure your glutes remain planted on the chair/bench.

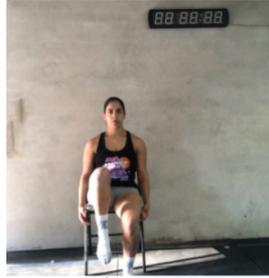


Figure 1.

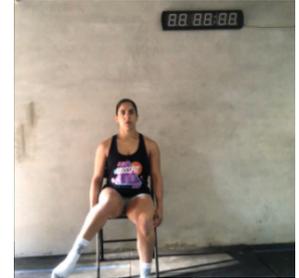


Figure 2.

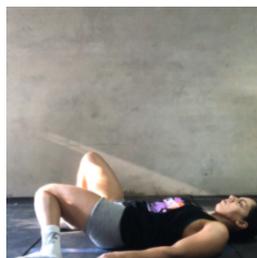
- iii) Repeat test on left side.

If you were able to lift your foot and rotate to the side without your glutes/hips coming off the bench/chair, you have acceptable internal rotation of the hips.

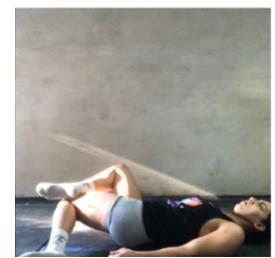
If your glutes/hips started to rise and come off the chair, or you were unable to turn your foot out without leaning, you have limited internal rotation of the hips. (Note that this may only be the case on one side, not both).

FIX

- i) Lie on your back with your feet flat on the floor and wider than shoulder width apart.
- ii) Without lifting your shoulders off the floor, collapse your right knee down and bring back up gently, repeating 10 times.
- iii) For added load, you can place your left foot over the right knee.



Without load



With load

- iv) Repeat on the left side.

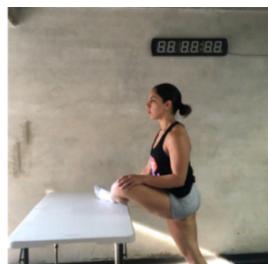
This stretch can also be performed in a seated position with arms placed behind you.

SIGNS OF TIGHT HIPS

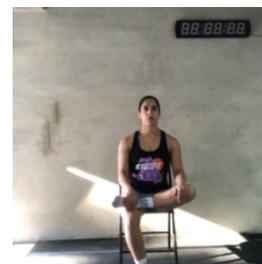
Pain and discomfort from tight hips is normally felt in the upper groin area. You may also experience lower back pain or hamstring strains. Tight hips often lead to issues in the low back, knees, and sacroiliac joints

More Hip Stretches:

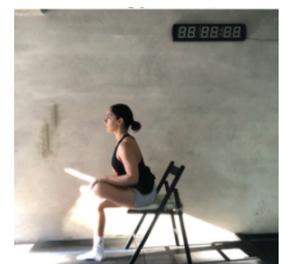
- i) Pigeon Stretch (standing or seated)



Standing



Seated



Seated leaning in

Without rounding your back, lean forward gently:

SQUAT MOBILITY

ii) Samson lunge with rotation of arms

Same arm & foot planted on the floor. E.g. left foot forward, left hand down. Push hips toward front foot and aim to get elevated hand in line with shoulders.

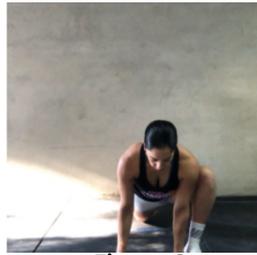


Figure 1.

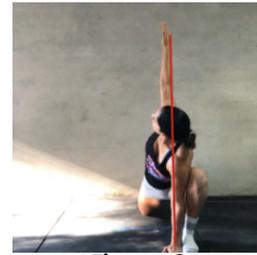


Figure 2.

iii) Samson lunge with side-to-side push on knees



Figure 1.

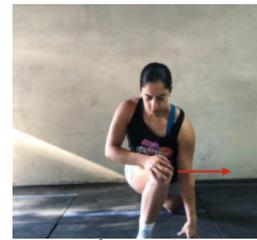


Figure 2.

iv) Couch stretch

Make sure you are as upright as possible – can use stick or wall for balance



Scaling option 1.



Scaling option 2.

v) Goblet squat – relax-contrast:

Hold weight in front of you and hold in the bottom position, pushing your hips as close to your heels as possible. Then come up out of the squat a couple of inches, squeezing the glutes tight.

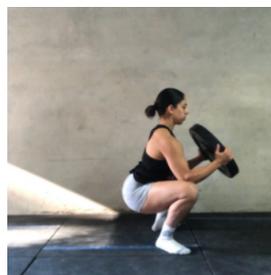


Figure 1.

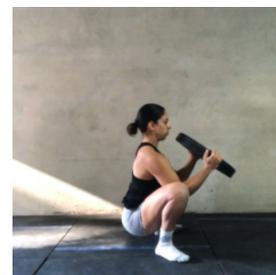


Figure 2.

SIGNS OF TIGHT HIPS

Pain and discomfort from tight hips is normally felt in the upper groin area. You may also experience lower back pain or hamstring strains. Tight hips often lead to issues in the low back, knees, and sacroiliac joints

SQUAT MOBILITY

vi) Tippy bird/hip airplane.

Using a chair to balance, start in a single leg RDL position as shown. Without moving the foot that's on the floor, rotate your hips from side to side.



Figure 1.

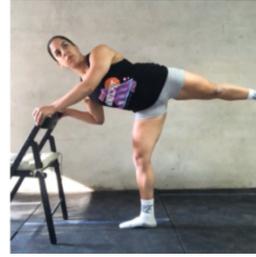


Figure 2.

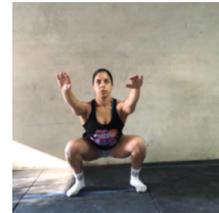


Figure 3.

Squat exercises to improve and strengthen the positions

a) Air Squat

- i) Begin with your feet hip-width to shoulder-width apart (remember this is a general guide and you may feel more comfortable with a slightly different stance).
- ii) Initiate the squat by moving the hips slightly back and down, without letting the chest drop towards the floor.
- iii) Spine remains neutral – no rounding.
- iv) Knees track in line with the toes
- v) Go down until the hips are below the knees
- vi) Keep entire foot grounded on the floor (i.e. grab the floor with your big toe and heels!)
- vii) Don't lose tension or 'sink' in the bottom position. Keep chest high.



b) Goblet Squat

This is a great exercise to help stop your chest from dropping as you go down in the squat. Start with a light weight (plate, dumbbell, KB, water bottle etc.) and build as your squat improves.

- i) Initiate the squat as above. Go down holding the weight at your chest.
- ii) When you get to the bottom of the squat, push the weight out with straight arms in front of you as shown. As you push the weight out, feel your body weight shift further onto your heels and sit tall and upright.
- iii) Pull the weight back to your chest and stand up.
- iv) Remember not to sink in that bottom position!

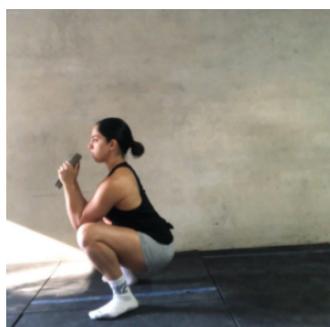


Figure 1.

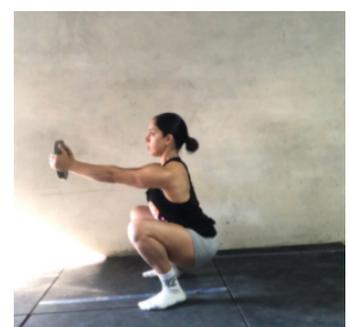


Figure 2.

BENEFITS OF STRETCHING

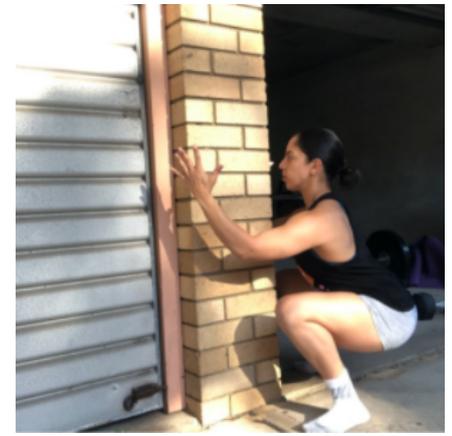
These stretches and exercises can be performed in any combination, and if repeated consistently you will notice improvements in your squat mobility. If your hips are tight, spend more time on the hip stretches. Conversely, if it's your ankles that need more work, perform more of the ankle stretches.

SQUAT MOBILITY

c) Post Squat

This is a good exercise to help keep your torso upright and get good depth with some assistance.

- i) Stand in front of a vertical post about arms-width away (you can use a door and hold either side of the door handles – just make sure door is stable!)
- ii) Hold on to the post/door handle and slowly go down into the bottom position of a squat.
- iii) Go as far down as you can keeping your feet completely flat on the floor.
- iv) Once in the bottom position, shift your weight from side to side – if you feel tightness in the ankles or hips remember to work on the stretches at the start of the manual.
- v) Slowly start to creep your feet forward until your chest is in front of the post/door and you are completely upright.
- vi) Aim to accumulate 5 minutes of this hold throughout the day, eventually lessening your grip on the post/door.



d) Wall Squat

This exercise is a little more advanced and requires some overhead mobility.

- i) Stand in front of a wall about arms-length away.
- ii) Raise your arms above your head with biceps next to your ears and start to lower into a squat.
- iii) Hold the bottom position while keeping your arms extended straight above your head, and without losing tension in the bottom.
- iv) Repeat this process, each time getting closer and closer to the wall. Aim is to eventually do this with your toes touching the wall and arms straight above your head.

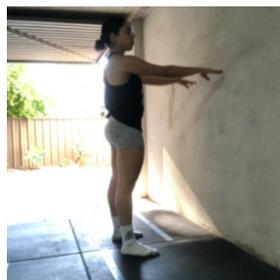


Figure 1.



Figure 2.

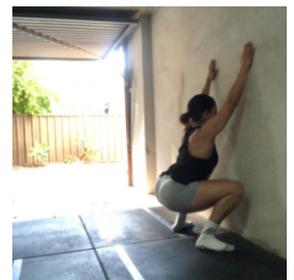


Figure 3.

BENEFITS OF STRETCHING

These stretches and exercises can be performed in any combination, and if repeated consistently you will notice improvements in your squat mobility. If your hips are tight, spend more time on the hip stretches. Conversely, if it's your ankles that need more work, perform more of the ankle stretches.

SPLITS PROGRAM

Splits program with demonstrations

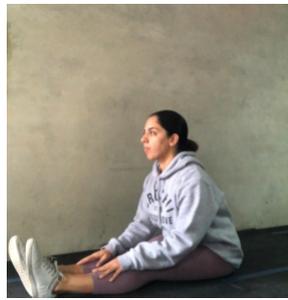
Below you will find a 3 week program targeted at helping you achieve a full splits position. For some this 3 weeks is all you will need. For others this is a guide of the movements and progressions required to achieve a full splits position.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	Inchworm 5 slow reps, minimal/no knee Seated forward bend 20-30s Low lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side	Inchworm 5 slow reps, minimal/no knee Seated forward bend 20-30s Low lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side	Inchworm 5 slow reps, minimal/no knee Seated forward bend 20-30s Low lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side	Inchworm 5 slow reps, minimal/no knee Seated forward bend 20-30s Low lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side	Inchworm 5 slow reps, minimal/no knee Seated forward bend 20-30s Low lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side
WEEK 2	Inchworm 5 slow reps, minimal/no knee Seated forward bend 20-30s Low lunge 20-30s each side Lizard lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side	Inchworm 5 slow reps, minimal/no knee Seated forward bend 20-30s Low lunge 20-30s each side Lizard lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side	Inchworm 5 slow reps, minimal/no knee Seated forward bend 20-30s Low lunge 20-30s each side Lizard lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side	Inchworm 5 slow reps, minimal/no knee Seated forward bend 20-30s Low lunge 20-30s each side Lizard lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side	Inchworm 5 slow reps, minimal/no knee Seated forward bend 20-30s Low lunge 20-30s each side Lizard lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side
WEEK 3	Seated forward bend 20-30s Lizard lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side Seated Pancake (wall facing) 20-30s Standing Side Splits 20-30s Standing forward splits 20-30s	Seated forward bend 20-30s Lizard lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side Seated Pancake (wall facing) 20-30s Standing Side Splits 20-30s Standing forward splits 20-30s	Seated forward bend 20-30s Lizard lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side Seated Pancake (wall facing) 20-30s Standing Side Splits 20-30s Standing forward splits 20-30s	Seated forward bend 20-30s Lizard lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side Seated Pancake (wall facing) 20-30s Standing Side Splits 20-30s Standing forward splits 20-30s	Seated forward bend 20-30s Lizard lunge 20-30s each side Lying hamstring stretch 20-30s each side Pigeon stretch 20-30s each side Seated Pancake (wall facing) 20-30s Standing Side Splits 20-30s Standing forward splits 20-30s

BENEFITS OF THE SPLITS

Practicing the splits is great for your joint health, flexibility, and balance – qualities that become more and more important as we age. All of these things factor into how much range of motion we retain, our physical independence, and overall quality of life

SPLITS PROGRAM



Seated Forward Bend.
Don't round back. Keep spine tall and hinge at the hips



Seated Pancake (Wall Facing)
Keep heels to wall and sit as tall as possible. Goal is to get as close to wall as possible



Low Lunge
Keep hands on either side of foot and sink hips down



Lying Hamstring Stretch 1

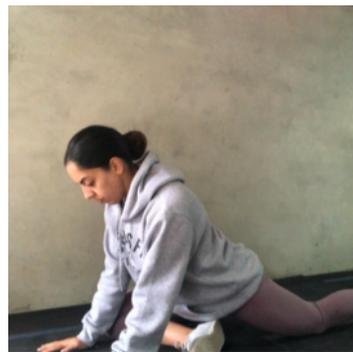


Lying Hamstring Stretch 2

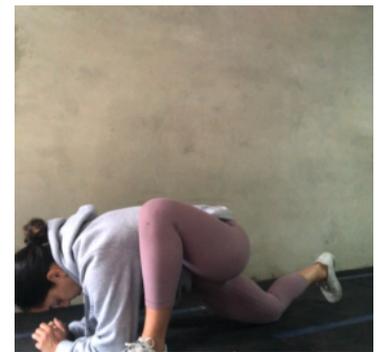


Lying Hamstring Stretch 3

Keep shoulders, head and hips flat on the floor for all 3 stretches



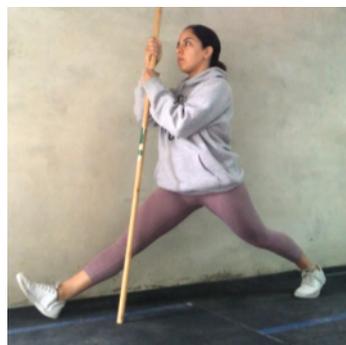
Pigeon Stretch
Aim is to keep your foot in line with your knee (you can build on this)



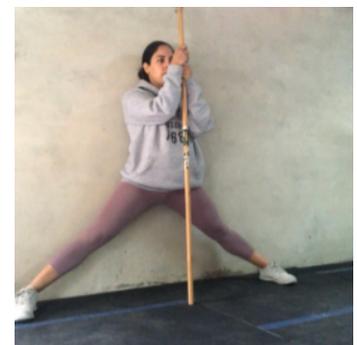
Lizard Stretch
If you can't get elbows to the floor, use blocks/ books/ cushion etc. as scaling option

BENEFITS OF THE SPLITS

Practicing the splits is great for your joint health, flexibility, and balance — qualities that become more and more important as we age. All of these things factor into how much range of motion we retain, our physical independence, and overall quality of life



Standing Forward Splits
Keep shoulders in line with hips (i.e Don't lean forward). Eventually you Will be able to get lower and lower Towards the ground



Standing Side Splits
keep heels, shoulders and hips on the wall. Zero leaning forward