

# MILITARY PREPARATION.

## SUPPORT 02: MOBILITY PRACTICE.

discipline | commitment | determination



MISSION MOVEMENT.

# 01. POSTERIOR CHAIN.

**Cat-Cow stretch** (1 minute) - Start on your hands and knees with your wrists directly under your shoulders and your knees directly under your hips. Inhale and arch your back, lifting your head and tailbone toward the ceiling (Cow). Exhale and round your spine, bringing your chin to your chest and tucking your tailbone under (Cat). Repeat for 1 minute.

**Downward facing dog** (1 minute) - Start in a plank position, then lift your hips up and back, pressing your palms and heels down into the ground. Hold for 1 minute, breathing deeply.

**Forward fold** with hamstring stretch (1 minute) - Stand with your feet hip-width apart and fold forward, reaching for your toes. Bend your knees if you need to. Hold for 30 seconds, then place your hands on your shins and straighten your legs, stretching your hamstrings for 30 seconds.

**Figure four stretch** (1 minute each side) - Lie on your back with your knees bent and feet flat on the floor. Cross your right ankle over your left knee and thread your right arm through the space between your legs. Clasp your hands behind your left thigh and pull your left knee toward your chest, feeling a stretch in your right glute. Hold for 1 minute, then switch sides.

**Thread the needle** (1 minute each side) - Start on your hands and knees, then reach your right arm under your left arm, threading it through and coming onto your right shoulder. Reach your left arm up and twist your torso, feeling a stretch in your upper back and shoulder. Hold for 1 minute, then switch sides.



**Lizard pose** (1 minute each side) - Start in a low lunge position with your right foot forward. Bring your right hand to the inside of your right foot, then lower your left knee to the ground. Walk your right foot out to the side and sink your hips down, feeling a stretch in your right hip and inner thigh. Hold for 1 minute, then switch sides.

**Pigeon pose** (1 minute each side) - Start in a low lunge position with your right foot forward. Slide your right knee forward and out to the right, then lower your hips to the ground. Straighten your left leg behind you and fold forward, feeling a stretch in your right hip and glute. Hold for 1 minute, then switch sides.

This routine should take around 20 minutes and will target your posterior chain, including your back, glutes, and hamstrings. Remember to breathe deeply and move slowly and mindfully through each stretch.



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## 02. UPPER BODY.

**Shoulder circles** (1 minute) - Stand with your feet shoulder-width apart and your arms hanging loosely at your sides. Slowly circle your shoulders forward for 30 seconds, then circle them backward for 30 seconds.

**Wall angels** (1 minute) - Stand with your back against a wall and your feet shoulder-width apart. Raise your arms to shoulder height and bend your elbows so that your forearms are parallel to the floor. Slowly slide your arms up the wall as far as you can go without pain, then slide them back down. Repeat for 1 minute.

**Doorway stretch for pectoralis** (1 minute) - Stand facing a doorway with your arms bent at 90 degrees and your forearms resting on the doorframe. Step forward with one foot and lean into the doorway, feeling a stretch in your chest. Hold for 1 minute.

**Lat stretch with resistance band** (1 minute each side) - Hold a resistance band with both hands and raise it overhead. Step your left foot forward and lean to the right, feeling a stretch in your left lat. Hold for 1 minute, then switch sides.

**Thread the needle with rotation** (1 minute each side) - Start on your hands and knees, then reach your right arm under your left arm, threading it through and coming onto your right shoulder. Reach your left arm up and twist your torso, feeling a stretch in your upper back and shoulder. Hold for 1 minute, then switch sides.



**Child's pose with shoulder stretch** (1 minute) - Start on your hands and knees, then lower your hips back toward your heels and reach your arms forward. Walk your hands to the right and feel a stretch in your left shoulder. Hold for 30 seconds, then walk your hands to the left and feel a stretch in your right shoulder for 30 seconds.

**Standing deltoid stretch** (1 minute each side) - Stand with your feet shoulder-width apart and your arms hanging loosely at your sides. Raise your right arm and place it across your chest, using your left hand to gently press it in toward your body. Hold for 1 minute, then switch sides.

This routine should take around 20 minutes and will target your upper body, including your upper back, lats, pectoralis, and deltoids. Remember to breathe deeply and move slowly and mindfully through each stretch.



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## 03. FULL BODY.

**Cat-Cow stretch (1 minute)** - Start on your hands and knees with your wrists directly under your shoulders and your knees directly under your hips. Inhale and arch your back, lifting your head and tailbone toward the ceiling (Cow). Exhale and round your spine, bringing your chin to your chest and tucking your tailbone under (Cat). Repeat for 1 minute.

**Downward facing dog (1 minute)** - Start in a plank position, then lift your hips up and back, pressing your palms and heels down into the ground. Hold for 1 minute, breathing deeply.

**Hip opener lunge (1 minute each side)** - Start in a low lunge position with your right foot forward. Bring your left hand to the inside of your right foot and twist your torso, reaching your right hand up toward the ceiling. Hold for 1 minute, then switch sides.

**Forward fold with hamstring stretch (1 minute)** - Stand with your feet hip-width apart and fold forward, reaching for your toes. Bend your knees if you need to. Hold for 30 seconds, then place your hands on your shins and straighten your legs, stretching your hamstrings for 30 seconds.

**Thread the needle with rotation (1 minute each side)** - Start on your hands and knees, then reach your right arm under your left arm, threading it through and coming onto your right shoulder. Reach your left arm up and twist your torso, feeling a stretch in your upper back and shoulder. Hold for 1 minute, then switch sides.

**Wall angels (1 minute)** - Stand with your back against a wall and your feet shoulder-width apart. Raise your arms to shoulder height and bend your elbows so that your forearms are parallel to the floor. Slowly slide your arms up the wall as far as you can go without pain, then slide them back down. Repeat for 1 minute.



**Squat hold** (1 minute) - Stand with your feet shoulder-width apart and squat down, keeping your heels on the ground and your chest lifted. Hold for 1 minute.

**Standing spinal twist** (1 minute each side) - Stand with your feet shoulder-width apart and your arms hanging loosely at your sides. Twist your torso to the right, bringing your left hand to your right knee and your right hand behind your back. Hold for 1 minute, then switch sides.

This routine should take around 20 minutes and will target your full body, including your back, hips, hamstrings, shoulders, and core. Remember to breathe deeply and move slowly and mindfully through each stretch.



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# DISCLAIMER.

Before you begin any fitness or exercise program, it is important to consult with a qualified healthcare professional. This is particularly important if you have a history of medical problems, including but not limited to heart disease, high blood pressure, diabetes, or obesity.

The training plans provided by Mission Movement are intended for individuals who are interested in joining the military and military special forces. The plans are designed to provide guidance and support to help you achieve your fitness goals. However, it is important to understand that no program can guarantee results or prevent injury.

By using Mission Movement training plans, you acknowledge and assume full responsibility for any and all risks, injuries, or damages that may arise from participating in the program. This includes any physical or mental health risks associated with engaging in exercise or fitness activities.

You understand that Mission Movement is not a licensed healthcare provider and cannot provide medical advice or treatment. Any information or advice provided by Mission Movement is intended for educational purposes only and should not be used as a substitute for medical advice from a qualified healthcare professional.

By using Mission Movement training plans, you agree to release, indemnify, and hold harmless Mission Movement and its owners, employees, and agents from any and all liability, claims, damages, or expenses (including attorney's fees) arising from your participation in the program.

In summary, participating in any fitness or exercise program involves a risk of injury, and you should consult with a qualified healthcare professional before beginning any program. By using Mission Movement training plans, you assume all risks associated with participating in the program and agree to release, indemnify, and hold harmless Mission Movement and its owners, employees, and agents from any and all liability arising from your participation in the program.



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# MOBILITY ROUTINES.

## 01. POSTERIOR CHAIN.

- . Cat-Cow stretch
- . Downward facing dog
- . Forward fold
- . Figure four stretch
- . Thread the needle
- . Lizard pose
- . Pigeon pose

## 02. UPPER BODY.

- . Shoulder circles
- . Wall angels
- . Doorway stretch pectoralis
- . Lat stretch resistance band
- . Thread the needle with rotation
- . Child's pose with shoulder stretch
- . Standing deltoid stretch

## 03. FULL BODY.

- . Cat-Cow stretch
- . Downward facing dog
- . Hip opener lunge
- . Forward fold
- . Thread the needle with roration
- . Wall angels
- . Squat hold
- . Standing spinal twist

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