

CHECK YOUR MOBILITY GUIDE



LONGELITY

YOUR TOMORROW STARTS TODAY.

By Eliza Ilut

What is this?

This is the first step in your mobility journey, and it starts with understanding where you stand. This is a fast guide where I've compiled a series of simple and efficient test you can do yourself at home to check your mobility! Mobility is essential for your everyday life and for the exercises we will do in the Longevity program.

Why this first?

Instead of forcing generic exercises, I wanted you to first understand and then improve the fundamentals for your strength journey. We want to have optimum mobility to avoid injury later since injury will keep you away from exercise and that is the last thing we want.

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Scoring

Perform each test and score the results on a scale from 1 to 3; where 3 is great; you can perform the movement exactly like in the instructions and without any pain. 2 would be when you can almost perform the movement, but you do have some pain, or it requires you to force the movement. 1 is when you cannot complete the test because of pain or lack of mobility.

Keep track of the total points you accumulate and rate your overall performance at the end.

The goal is having a simple assessment of your general mobility to prepare you for your upcoming strength journey.

1

Bad

2

Average

3

Good

IT'S

TEST

TIME

#1 Knee-to-wall Test

What is this testing?

→ This test will check your ankle dorsiflexion or how far your shin can move forward over your foot while your heel stays flat on the ground. Every time your ankle bends, your toes stay down, and your knee moves forward. That bending motion is dorsiflexion.

Why it matters?

→ If your ankle can't bend enough forward (limited dorsiflexion), your body tries to make up for it elsewhere; and that's where problems and pain start.

How to perform this test?

→ Stand facing a wall, toes 5 to 8 cm away (I am 8 cm away in the picture). Try to touch your knee to the wall without lifting your heel.

Goal of the test:

→ Knee touches the wall comfortably.

Best exercise if limited:

→ Banded ankle mobility

→ Band assisted deep squat hold & shift (hold for >60 seconds, shift from side to side)



#2 Knee Flexion Test

What is this testing?

→ It checks how well your knee joint bends, specifically, how much range of motion you have in your quadriceps (front thigh muscles) and the knee joint itself. It also indirectly shows if your hip flexors or ankles are tight since those can restrict full bending too. In normal movement, your heel should come close to (or touch) your glutes.

Why it matters?

→ Good knee flexion mobility is essential for: Squats (especially deep squats), Lunges, Leg presses and Olympic lifts (like cleans or snatches, which require deep knee bend positions).

How to perform this test?

→ Lie on your stomach and pull your heel toward your glutes.

Goal of the test:

→ Heel should touch glute without hip lifting.

Best exercise if limited:

→ Couch stretch.



#3 90-90 Twist

What is this testing?

→ It tests internal and external rotation of both hips at the same time: The front leg tests your external rotation (how well the hip can open outward). The back leg tests your internal rotation (how well the hip can rotate inward).

Why it matters?

→ Good hip rotation is massive for almost everything lower-body related: squats, deadlifts, split-squats, lunges and athletic moves: like sprinting, kicking, or jumping, which need rotation to generate power safely.

How to perform this test?

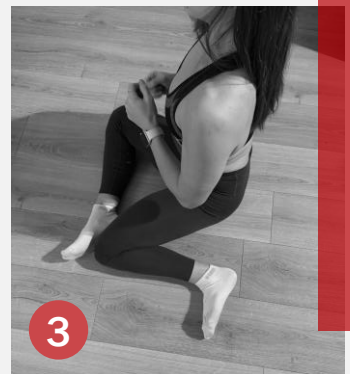
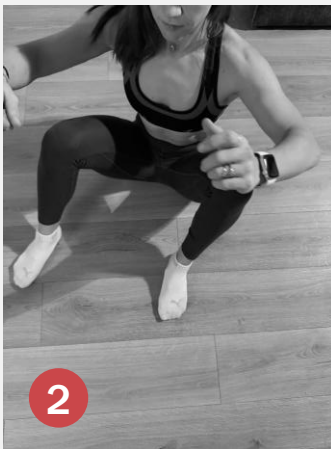
→ Sit with front leg at 90° and back leg at 90°. Try to lean forward or rotate both directions. Hands should not touch the floor.

Goal of the test:

→ Smooth movement and ~35–45° internal rotation, ~45° external rotation.

Best exercise if limited:

→ 90/90 PAILs and RAILs.



#4 Apley Scratch Test

What is this testing?

→ It looks at how well your shoulder works when under rotation or extension.

Why it matters?

→ This test is a quick indicator of functional shoulder mobility, which is vital for safe, efficient lifting using your upper body. If you cannot perform the movement, it could indicate imbalance between internal/external rotation.

How to perform this test?

→ One hand over shoulder, other behind back, try to touch fingers.

Goal of the test:

→ Hands touch or get close.

Best exercise if limited:

→ Thoracic spine stretch.



#5 Single Leg Balance

What is this testing?

→ It checks your balance, coordination, and stability through your ankle, knee, hip, and core all at once.

Why it matters?

→ Balance is the foundation of almost every exercise. If your single-leg balance is poor, it directly affects squats, deadlifts, lunges, running or jumping.

How to perform this test?

→ Stand on one leg, close eyes.

Goal of the test:

→ Maintain balance for at least 10-20 seconds. No movement!

Best exercise if limited:

→ Foot activation. While barefoot, pull the ball of the foot toward the heel (don't curl toes!), hold for 10 seconds and perform 12 reps per foot. This improves balance within days.



#6 FABER Test

What is this testing?

→ FABER Test is one of the best methods of testing hip joint mobility

Why it matters?

→ Healthy hip mobility is the foundation for almost every lower-body exercise. If stiffness, pain or imbalance in mobility is present, it could impact squats, lunges, deadlifts, running and jumping leading to pain down the line such as knee pain.

How to perform this test?

→ Lie on your back, place one ankle over opposite thigh. Let knee drop toward floor.

Goal of the test:

→ Knee should fall lower than the level of the other knee, as close to the ground as possible, as you can see, I am a bit below the knee line but still far from the ground, I would rate this as a 2 score. PS: There should be the same level of mobility in both legs.

Best exercise if limited:

→ Couch stretch or Pigeon stretch



#7 FADIR Test

What is this testing?

→ FADIR Test or (Flexion, Adduction, Internal Rotation) primarily checks hip mobility and space inside the hip joint while detecting any “blockage” or discomfort.

Why it matters?

→ This is a big one for performance and injury prevention. If your hip feels blocked, you’ll struggle to do deep squats or lunges. You might shift to one side when squatting to compensate or even overload your lower back or knees.

How to perform this test?

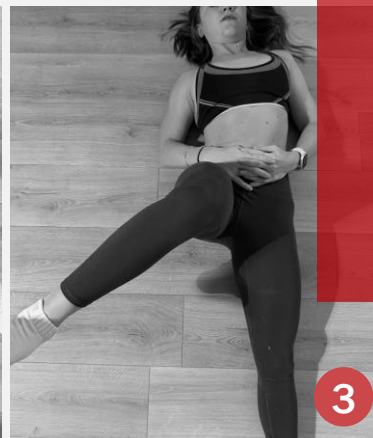
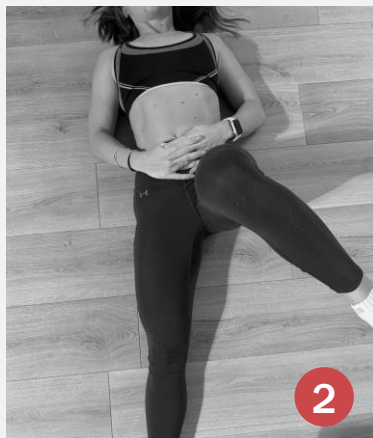
→ Lie on your back, hip at 90°; then adduct and internally rotate.

Goal of the test:

→ Smooth movement, no pinching or pain, same level of mobility on both sides.

Best exercise if limited:

→ 90/90 Hip internal rotation mobilization (don’t worry, I’ll do a lot of these anyway haha)



#8 Heal Raise Test

What is this testing?

→ It checks calf strength and endurance, as well as ankle stability. If you fail this test, it's likely that your ankle or calf muscles are weak.

Why it matters?

→ Strong and stable calves/ankles are essential for almost every lower-body movement. Weak calves also impact balance and single leg exercises, think of shaking knees or unstable landings.

How to perform this test?

→ Stand on one leg, lift heel fully.

Goal of the test:

→ ≥ 20 reps with good height.

Best exercise if limited:

→ You guessed it, it's the same one. So, if you cannot perform 20 reps per leg or would like to increase calf strength, calf raises are the way to go with slow progressions using added weight.



#9 Wall Squat Test

What is this testing?

→ It tests how far forward your knees can go without your heels lifting, which reflects ankle mobility. It also shows hip and thoracic flexibility, because a tight chest or hips makes it hard to keep your torso upright.

Why it matters?

→ Good mobility here is essential for all types of squat, lunges and deadlifts plus daily life movements like sitting, bending, and stepping up require similar mobility.

How to perform this test?

→ Face wall, feet 5 cm away, hands overhead or on hips, squat down.

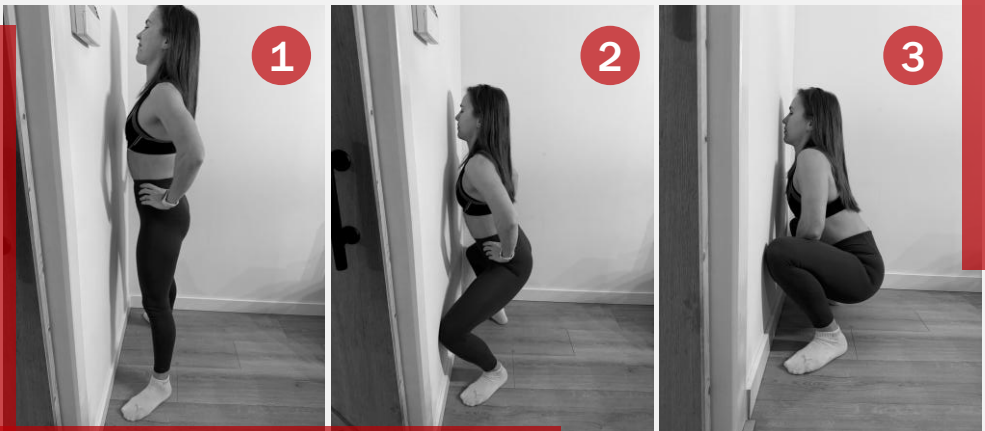
Goal of the test:

→ Squat deep without falling or touching wall.

Best exercise if limited:

→ Ankle mobilization

→ Hip openers (deep goblet squat with hold for 45 sec)



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Your
Score



27



26



25



24



21



18



15



12



9



Your
Mobility



Great

Good

Average

Insufficient