

CORRIMAL RANGERS – 21-DAY FLEXIBILITY & MOBILITY PROGRAM

Foam rolling exercises

Rolling your illiotibial bands, quadriceps, adductors and glutes.



By putting pressure on these areas with the use of a foam roller, and then moving the closest joint through its range of motion, you will help switch off those angry receptors allowing you to move through a more improved range of motion.

Check the video out to see it in action:

<https://www.youtube.com/watch?v=ipVbSFLViiA>

Mobility Drills

Foam Roller Rainbows



1. Set yourself up so that your knee and hip is on a right angle and resting upon the foam roller.
2. Keeping your back and neck neutral and flat, clap your hands together.
3. From there, you will slide the hand that is closest to the ceiling along the ground keeping your eyes on it.
4. Return to the start.
5. Repeat for 10 repetitions per side, twice.

Tips:

- Focus on breathing throughout the exercise.
- Move through your upper back and keep your lower back rigid and tight.

Check the video out to see it in action:

<https://www.youtube.com/watch?v=od9y-wlawgU>

KEFs



1. Lie on your back with your legs flat and head on the ground.
2. Support one leg behind the knee with your hands.
3. From there, straighten out your leg as much as possible and return to the start.
4. Repeat for 10 repetitions per leg twice.

Tips:

- The closer you hold your leg to your chest, the harder the movement is. Start out by holding it further away and focusing on getting a complete extension in the knee.
- Breathe through your ribcage and focus on keeping your back flat upon the ground.

Check the video out to see it in action:

<https://www.youtube.com/watch?v=XK4SYdmkSlg>

Quadruped twists



1. On your hands and knees, ensure that your back is flat.
2. From there, cup the back of your head with one hand.
3. Rotating around keeping holding of your head, aim to point that elbow to the ceiling.
4. Repeat for 10 repetitions per side, twice.

Tips:

- Focus on keeping your lower back flat and tight as you move your upper back.
- Breathe through the movements.

Check the video out to see it in action:

<https://www.youtube.com/watch?v=f8WYWb4C8EY>

Stretches

Frog stretch:



1. Spread your knees apart as far as possible until you feel the stretch all through your groin area.
2. From there push your hips backwards toward your feet.
3. When you find your maximum stretch point, initiate your 2-3 deep breaths.
4. Repeat until you can no longer get any further.
5. From there, bring your feet together, keeping your knees out wide still though.
6. Now posturing up onto your hands, slowly walk your hands back until you are completely upright, performing deep breaths along the way when you feel like you can get no further.
7. Aim for your hips to relax onto your feet with your torso vertical.

Check the video out to see it in action:

<https://www.youtube.com/watch?v=weAwaDKmRYY>

Lats:



1. Holding onto something sturdy and secure with one arm, lean back so that your back flattens out and your hips are shooting towards the ground.
2. With your opposite arm, grab hold of your rib cage and pull it away from the arm outstretched.
3. Work through 2-3 deep breaths every time you find a new stretch point.
4. Repeat on opposite side.

Check the video out to see it in action:

<https://www.youtube.com/watch?v=5XnFx-UTyiw>

Squat hold:



1. Whilst sitting down in a complete squat (i.e. ass-to-grass), hold onto something sturdy and secure.
2. From there, aim to push forward so that your weight goes over your toes whilst keeping your heels planted.
3. Once at this maximum point of stretch tolerance, go through 2-3 deep breaths.
4. From there, now attempt to posture up through the torso.
5. Again, once you get to your new maximum stretch tolerance, perform another 2-3 deep breaths.
6. Repeat steps 2-5 until you're over it.

Check the video out to see it in action:

https://www.youtube.com/watch?v=c1cUS4nc_ml

Strengthening exercises

Glute bridges:

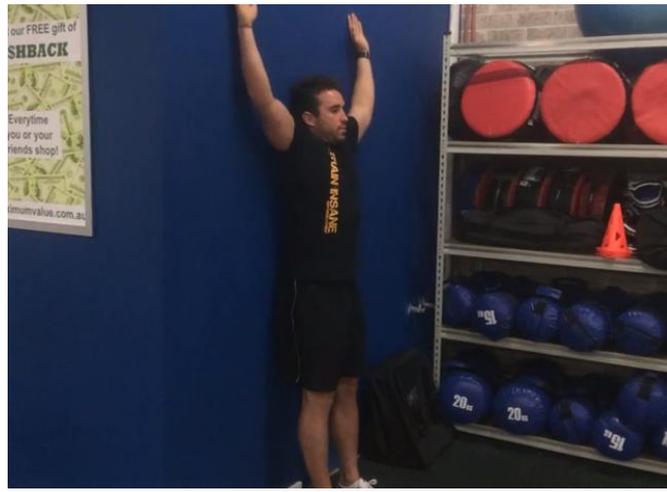


1. When lying flat on the ground, bend your knees so that your feet are on the ground.
2. From there, engage your glutes by “tucking” your pelvis.
3. Lift your hips off the ground by using the tension in your glutes and return to the start.
4. Repeat 15 times for three sets.

Check the video out to see it in action:

<https://www.youtube.com/watch?v=iRk9gPdQOos>

Wall slides:



1. Flattening your entire back onto a wall, lift your arms up so that your hands and elbows are resting upon it also.
2. From there, you will breathe in as you slide your hands, keeping your elbows on the wall, as high as you can.
3. Slide your arms back down so that you squeeze your shoulder blades together.
4. Repeat for 15 repetitions, twice.

Check the video out to see it in action:

https://www.youtube.com/watch?v=Ym_NSHfmCfc