



## **Mobility Flow- The Ultimate Home/Hotel Recovery Program**

### **Program includes:**

30 done for you 10 min mobility flows  
Core 4 Matrix mobility routines  
Magic Stick Upper body focused mobility  
Follow along Joint by Joint Mobility Session  
Master Mobility Exercise Library  
Daily Stretch Follow along video  
How to create your own flow video  
Follow along Foam Rolling video  
Working "IN" vs Working out ebook

### **Bonus vids:**

Low back pain video  
Knee pain video  
Neck pain video  
Office Stretching routine

Choose 1-3 workouts from below and perform AMRAP (as many rounds as possible for 10 min each or create your own from the Mobility Flow library based on your aches, pains, limitations or personal goals.

**Protocol 1:**

Shin box (Dynamic)- X10 total

Cat/Cow- X5

Prone Hurricane- X10 total

**Protocol 2:**

Alt Strider from Knee- X10 total

Arm Thread- X10 total

Supine Bridge Reach- X10 total

**Protocol 3-**

Groiners- X5

Alt Scorpion Reach- X10 total

Alt Pigeon Pose- X10

**Protocol 4-**

Alt Underswitch to Crab Reach- X10

Bear Squat- X5

Blackburn Mob- X5

**Protocol 5-**

Mckenzie Pushup- X5

Alt Arm Screw- X10 total

Alt Strider from Pushup- X10

**Protocol 6-**

Dynamic Shinbox w/Reach- X10 total

Side Lying Windmill- X5 ea/side

Alt Prone Scorpion- X10 total

**Protocol 7-**

Underswitch to Tripod- X10 total  
Spinal Rock to runner Stretch- X5  
Single Leg Groiner- X5 ea/side

**Protocol 8-**

Bretzel Stretch- 10sec each side  
Shin box w/roll- X10 total  
Loaded Beast wave X5

**Protocol 9-**

Alt Scorpion Reach- X10 total  
Dynamic Shin Box- X10 total  
Prone Windmill- X10 total

**Protocol 10-**

Strider w/tspine rotation  
Bear Squat- X10  
Mckenzie Pushup- X5

**Protocol 11-**

Spinal Rock to Runners Stretch- X5  
Side Lying Shoulder Peel- X5 ea/side  
Arm Thread- X10 total

**Protocol 12-**

Side Kick Through X20  
Underswitch to Scorpion Reach X10  
Loaded Beast to Elbow X20

**Protocol 13-**

Windshield Wipers X10  
Alt Crab and Reach X10  
Spinal Wave X5

**Protocol 14-**

Alt Strider from Knee X10

Cat/Cow X10

Alt Pigeon Pose X10

**Protocol 15-**

Shin Box Switch w/Rotation X10

Groiner X5

Prone Hurricane X10 Total

**Protocol 16-**

Alt Pigeon Pose X10

Dynamic Shin Box X10

Bear Squat X5

**Protocol 17-**

Side Lying Windmill X5 each side

Cat/Cow X5

Alt Strider X10 Total

**Protocol 18-**

Groiners X5

Alt Supine Bridge Reach X10

Alt Arm Thread X10

**Protocol 19-**

Alt Prone Lat Stretch X10 total

Alt Crab and Reach X10 total

Blackburn Mob X10

**Protocol 20-**

Mckenzie Push ups X10

Prone Hurricane X10 Total

Shin Box w/Roll X10 Total

**Protocol 21-**

Quadrapped T-Spine Rot- X5 ea/side  
Bretzel Stretch- 20s hold each side  
Beast Wave- X5

**Protocol 22-**

Single Leg Groiner- X5 ea/leg  
Spinal Rock w/Ham String Stretch X10  
Alt Arm Screw- X10 Total

**Protocol 23-**

Alt Tripod- X10 Total  
Shin Box w/Rotation-X10 Total  
Side Lying Shoulder Peel- X5 ea/side

**Protocol 24-**

Alt Bridge Reach-X10 Total  
Alt Arm Thread- X10 Total  
Alt Runners Stretch- X10 Total

**Protocol 25-**

Cat/Cow- X10 Total  
Alt Arm Screw- X10 Total  
Alt Pigeon Pose- X10 Total

**Protocol 26-**

Side Lying Windmill- X5 ea/side  
Dynamic Shin Box w/reach- X10 Total  
Blackburn Mob- X10

**Protocol 27-**

Prone Cobra's- 30s hold  
Bear Squat-X10  
Alt Striders- X10 Total

**Protocol 28-**

Prone Scorpion-X10 Total

Groiners- X5

Spinal Rock with Hamstring Stretch X10

**Protocol 29-**

Prone Hurricane- X10 Total

Prone Sit-Thru-X10 Total

Alt Crab and Reach- X10 Total

**Protocol 30-**

Bear Squat-X10

Shin Box w/Reach-X10 Total

Strider w/Thoracic Rot- X10 Total

## Master Mobility Flow Exercise Library

- Cat/Cow- 1,2
- Shin box- 1,2,3
- Shin box w/rotation- 1,2,3
- Dynamic Shin box- 1,2,3
- Dynamic Shin box w/reach 1,2,3
- Shin box roll- 1,2,3
- Spinal Rock- 1,2
- Spinal Rock to Ham Stretch- 1,2,3
- Spinal rock to Alt runners stretch- 1,2,3
- Alt knee strider- 1,3
- Strider from PU position- 1,3
- Strider w/Tspine Rot 1,2,3
- Bridge Reach- 1,2,3
- Groiners/Bi lateral- 1,2
- Goiners/Single leg- 1,2
- Crab Reach- 1,2,3
- Side Kick Through- 1,2,3
- Alt Scorpion Reach- 1,2,3
- Underswitch to tripod- 1,2,3
- Underswitch to tripod reach- 1,2,3
- Bird Dog- 1,2,3
- Prone Lat Stretch- 1,2,3
- Quadruped Pro/Retraction- 1,2
- Mckenzie Pushup- 1,2
- Underswitch to Crab Reach- 1,2,3
- Side Lying Wind Mill series- 1,2
- Side Lying Shoulder Peel 1,2
- Supine Bridge Reach and Roll 1,2,3
- Bear Squat- 1,2,3
- Arm Threads- 1,2
- Arm Screws- 1,2

- Pigeon Pose- 1,3
- Prone Scorpion- 1,2,3
- Prone Hurricane- 1,2,3
- Blackburn Mob- 1,2,3
- Prone Cobra's -1,2,3
- Wrist mob's- 4
- Wrist circles- 4
- Closed Chain Wrist Circles- 4
- Closed Chain Elbow-4
- Open Chain Elbow-4
- Gunslingers- 1,2
- Quadra-ped T-Spine Rotation- 1,2
- The Bretzel- 1,2,3
- Loaded Beast Wave- 1,2

\*\*\*Instructions on how to use the Master Exercise Library to create your own Flows.\*\*\*

Where are you feeling pain? Simply choose 2-4 movements with the associated number from the list below. So, If you're experiencing low back pain choose from exercises in the master exercise library that have the #1 beside it. If you're experiencing pain in your knee, choose 2-4 exercises that have the #3 beside it.

- 1- Back/hip pain**
- 2- Shoulder/neck pain**
- 3- Knee pain**
- 4- Wrist/elbow**



