

# Mobility Training Plan

## **Frequency 3-4 times per week:**

Exercises 1- 6 (10 minutes) are best before climbing.

Exercises 6 - 10 (10 minutes) are best after climbing.

Warm Up Mobility can be easily added into your climbing warm up.

For an active rest day session practice exercises 1-1- back to back.

**Key Point:** Learn to develop a sense of ease in the exercises 60% effort 40% chill. Relaxing the jaw is key.

**Please also see your accompanying video including the alignment cues.**

**Your Goals:** To improve thoracic mobility for cross throughs and hip mobility for easier drop knees.

01

## Thoracic Complex A + B



- A. Using a light weight, gently arch over a yoga block. Work at different heights on your upper back. Ensure you do not place the block lower than the ribcage and you avoid any 'belly neck.
- B. Use a stick and make straight arm overhead raises: start at the waist line and take the arms overhead.

Steadily increase the speed as you reach a bit further. Pause overhead on your last rep.



02

## Supine Leg Raises

10 reps  
x 3 sets

Aim for 10 reps x 3 sets: Superset these with exercise 1.

Set 1 work high, set 2 work in the middle, set 3 work lower.

Ensure the lower back remains flat on the mat throughout.

Strongly squeeze the legs together while relaxing the jaw.



03

Internal + External  
Rotation



60 Secs  
Each  
Side

An exercise in awareness: work to find the movement at the hip while keeping the sides of the torso long.

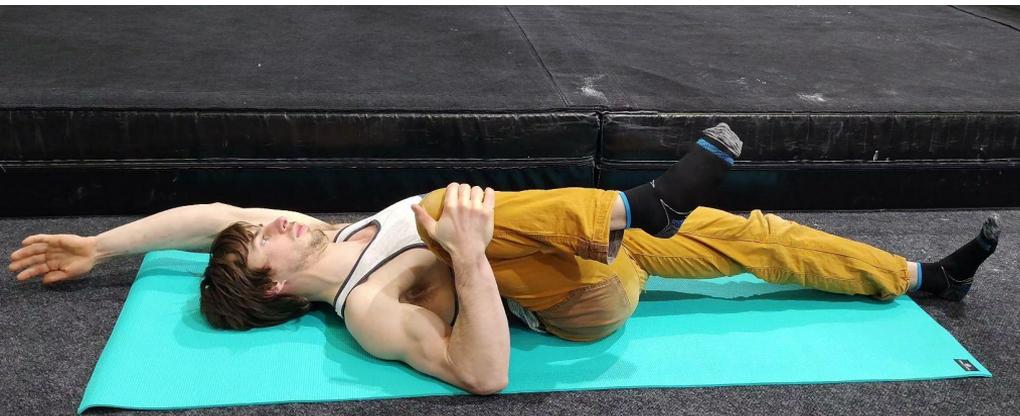
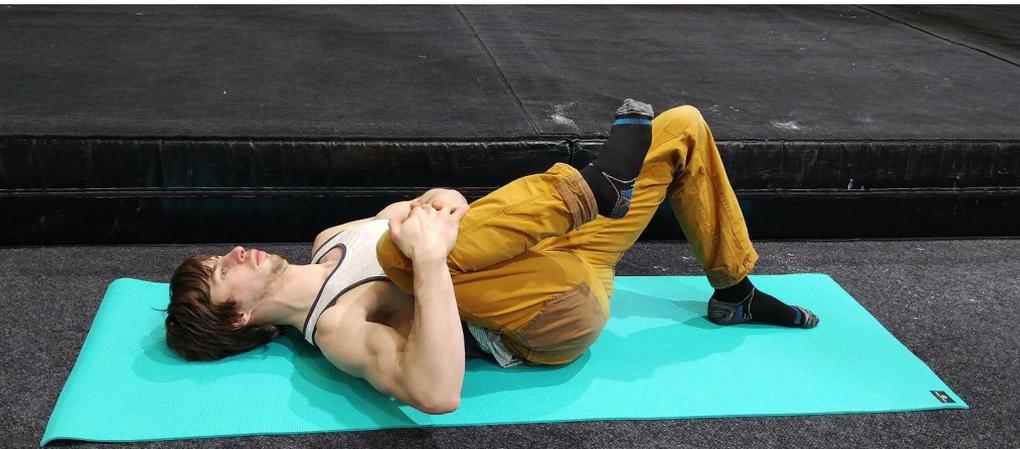
Swing the hip from internal to external rotation and back again. Ease into the movement.

Keeping the movement gentle and relaxed helps.

04

## Psoas Release

30 Secs



Start by drawing one knee out to the side and rolling the leg in towards the armpit.

Slowly extend the other side of the body.

The armpit of the overhead arm looks towards the face.

Work on the edge of a stretch, relax first, then extend a bit further.

05

## Kneeling Rotation



Squeeze the arm between the knees.

Ensure the pelvis remains level and the bum pushes down onto the heels (or a yoga block between the heels and bum).

With the elbow bent gradually ease into the rotation. Lift and rotate from the centre of the chest.

Work for 30-60 seconds each side.

Discontinue if you feel discomfort in the lower back: The rotation should come from the level of the ribcage.



06

## Spider Arm Lift Up

10 reps  
x 1-3  
sets

Work to float the fingertips off the floor by lifting the chest off the mat. Work the arms in lots of different symmetrical positions. Overtime you will be able to pause for a couple of seconds in the lift up.

Work 1-3 sets of 10 depending on your time.



07

## Forward Fold Sequence

30 Secs In  
each  
Repeat 1-3  
times

Please see your video resource for detailed verbal instructions as per the 1-1 session.

Balance 60% effort 40% chill in each pose.

- Forward Fold: Lower belly remains on the upper thighs, then slowly send the legs away.
- Balance on the block: work to sit up tall at the point of 'wobble'.
- On the fingertips lift the chest towards the ceiling: Avoid dropping the head back.



08

## Compression Leg Lifts + Wide Leg Circles

10 reps  
x 1-2  
sets

Lift the leg up, drawing up the quadriceps and inner thigh muscles as you push the heel away.

Practise 10 single leg lifts in the narrow version.

Practise 10 single leg small circles in the wider version.

The taller you sit up the harder they are, the more you lean back the easier they are.



09

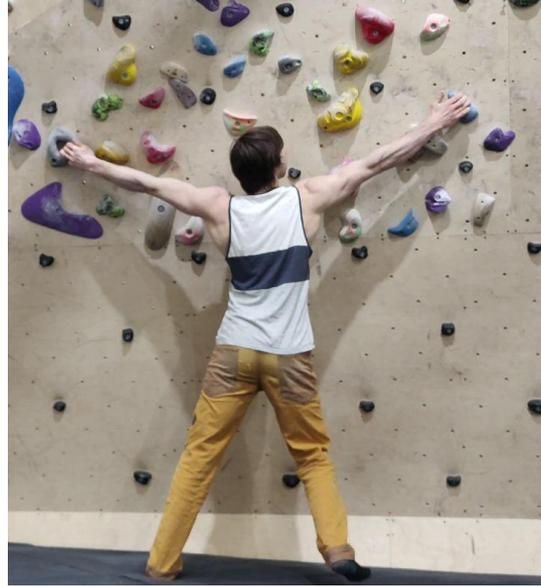
'Stirring the pot'

30 Secs In  
each  
Repeat 1-3  
times

Surprisingly challenging. Initially rock the torso backwards and forwards, then start to make circular actions as if 'stirring a large pot'.

Look to keep the pelvis and legs steady and 'rooted' down.

Practise with and without the block, in the 'better cross legged' and wide legged position.



Warm Up  
Mobility

Pronated Hangs (Feet 60% on floor)  
Wide Reaches (Feet 60% on floor) 'go the extra inch'  
Hanging Lat and Psoas Release 'extend the side body'



## 'TV' Mobility

Sit up tall in the butterfly (middle + right). Work to hold the knees high as well as low. Practise from 5 - 10 minutes changing knee heights.

# Bonus