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NOTICE

The information in this routine is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this routine, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training, and fitness. The exercise and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your doctor. As with all exercise and dietary programs, you should get your doctor’s approval before beginning.

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FULL BODY MOBILITY ROUTINE

BEGINNER ROUTINE

A) Body curl: 3 x 5 repetitions
B) Windmill: 3 x 10 reps per side
C) Knee raise: 3 x 10 reps per side
D) Toe grab: 3 x 5 repetitions per side
E) Table pulse: 3 x 5 repetitions
F) Squat lean: 3 x 5 repetitions

ADVANCED ROUTINE

A) Body curl: 4 x 10 repetitions
B) Windmill: 4 x 10 reps per side
C) Knee raise: 4 x 15 reps per side
D) Toe grab: 4 x 10 reps per side
E) Table pulse: 4 x 10 repetitions
F) Squat lean: 4 x 10 repetitions

3 x 5 = 3 sets for 5 repetitions per set.

These routines should be done in a circuit fashion: you move directly from one exercise to the next after each set.

This means that you do one set of all exercises and then start all over again from the first exercise the second round (sets).

All exercises are demonstrated in the following pages. Video available at the end.
EXECUTION AND SCHEDULE

CORRECT EXECUTION: all gains and results will be dictated by how well you do the single repetitions.

For this reason, you should not hurry the repetitions but instead focus on control and feeling the muscles work during the repetitions. Avoid using momentum and focus on slow execution.

Don’t focus only increasing the range of motion to the maximum, rather focus on controlling the range that you have.

All of these mobility exercises are active and your muscles should be working all the time.

HOW MUCH AND HOW OFTEN?

This routine can be done as a workout warm-up or finisher but also as a mobility workout on its own.

The routine takes very little time, which makes it great to do at the beginning of your workout. You can do it only 1-3 times per week or in the beginning of every workout.

Overtraining should not be a concern, because the routine is not very strenuous (but it’s still effective) and it’s more rehabilitative. If you feel like your wrists or back muscles are getting tired, take time off though.
BODY CURL

1. Lean as low as your flexibility allows and hold for a second. Keep the legs straight or relatively straight. Feel a nice stretch in the lower back and hamstrings.

2. Slowly raise yourself up, raise your arms up and fully extend from the back. Try to extend from the upper and middle back as much as you can. Hold the extension for a second or two.

**BENEFITS**: increased mobility of your entire posterior chain from the calves and hamstrings to lower and upper back. Excellent for spine mobility.
WINDMILL

Raise your arm up and start bending from the waist. Keep the legs relatively straight and the core tight. Your feet are pointing in the same direction as your body.

Your upper arm should point upwards the entire duration of the movement. Touch the floor with your other arm (or go as low as you can) and hold it there for a second.

**BENEFITS**: mobility in your lower back, glutes, obliques and hamstrings. You will also develop shoulder and core stability.
KNEE RAISE

Stand still and raise one knee up while keeping the core and hips as stable as possible. The common mistake is to crunch with the lower abdominals, instead of purely raising the knee up with hip flexor muscles.

You can grab something for balance.

**BENEFITS**: Hip flexor mobility. Hip and core stability.
TOE GRAB

Stand on all fours (the bear walk stance) and start grabbing the toes or the ankle of the opposite side. Your stance can be wider than shoulder width. You can be either on your toes or on your heels (harder).

Switch the arm with every repetition. If you can’t touch the toes, just reach as far as you can.

**BENEFITS:** shoulder mobility and stability. Hamstring and lower back flexibility.
TABLE PULSE

Stand on all fours your stomach facing upwards (the crab walk stance) and raise your hips as high as you can by extending from the hips and shoulders. Squeeze the glutes because that is where you should extend the most. Take a shoulder width stance.

Do this for pulses (repetitions). How much you can extend from the hips and shoulders will depend on your shoulder and hip mobility - just extend as much as you can.

**BENEFITS**: shoulder and hip mobility. Shoulder flexibility.
SQUAT LEAN

Squat down to the ass to grass squat. Take a shoulder width stance. Your toes can point forward or slightly to the sides. Hold the arms in front of you or on your shoulders.

Raise the hips up by extending from the knees and then lower them down. Do this for repetitions. Keep the core stable and focus on extending from the knees.

**BENEFITS**: hip mobility.
FULL ROUTINE ON VIDEO

Press this link or the video to open the full video. You will see all of these movements done in the correct form.
TAKE YOUR MOBILITY TO THE NEXT LEVEL (THE NEXT STEP)

You can expect to see gains with this routine for 4+ weeks. This mobility routine is a great start to become more mobile and structurally balanced, but this is only the beginning.

No routine works forever and although this is a comprehensive mobility routine, it doesn’t address all areas or all functions of the body.

If you liked this routine, I recommend to check out our Movement 20XX online course. The course covers all 3 training styles you need to get strong, mobile and functional:

1. Strength training
2. Mobility training
3. Movement training

The course is all in video format and accessible on any device. It’s our best selling course that has helped countless of people to get strong and fit. Many have also alleviated existing pains and even fixed problems in their body.

The course is also designed to get you strong in the most functional way possible.

BUILD AN ATHLETIC PHYSIQUE FROM THE GROUND UP

Once you are reasonably mobile and strong, I welcome you to check out our Athlete 20XX system.

Athlete 20XX is our premium program with the most depth and value. Videos, routines and weekly schedules are all included in the system.

The purpose of Athlete 20XX is to turn an ordinary person into an athlete.

This is accomplished by the three phases (separate training programs) of Athlete 20XX.

• Phase 1: Strength and mobility.
• Phase 2: Stability and balance.
• Phase 3: Power and speed.

Compared to Movement 20XX, Athlete 20XX is more advanced but still suitable for most beginners (thanks to the phase 1, phase 2-3 get very advanced).

If you never thought it was possible to become fit and athletic, Athlete 20XX should change your mind.

Visit Athlete20XX.com for more information.
THANK YOU FOR READING!

If you need help or guidance, you can contact us at vahvafitness@gmail.com, we will typically answer in 24-48 hours.

All the best,

_Eero Westerberg & Samuli T. Jyrkinen_

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