



FITNESS AND HEALTHY
LIFESTYLE UNIT

MOBILITY EXERCISES



Foam Roller

Tool that helps relieve muscle tightness, improve flexibility, and speed up recovery. By applying gentle pressure to sore areas, it boosts blood flow and reduces stiffness, making it easier to move and lowering the risk of injury over time.



Back Roll

Place the foam roller horizontally under your upper back. Gently roll your upper back over the roller. This exercise helps improve upper-back mobility and posture.



Spine Extensions

Place the foam roller horizontally under your upper back. Gently extend your upper back over the roller (roller remains stationary). This exercise helps improve upper-back mobility and posture.



Posterior Chain Foam Roll (Calves-Hamstrings-Glutes)

Sit on the floor and place the foam roller under your calves. Support yourself with your hands behind you and lift your hips slightly. Slowly roll upward from the calves to the hamstrings and continue toward the glutes, then roll back down in a controlled motion.



Hip Roll

Lie on your side with the foam roller placed under your hip. Support your upper body with your arms and slowly roll along the side of the hip.

Massage Roller

A handheld tool that helps target sore muscles with more control and precision. It's great for easing tension, improving circulation, especially in areas like the calves and thighs. Its compact design makes it easy to use anytime for quick recovery and better mobility.



Quad/ IT band Release

While seated, place the massage roller on the top of your thigh and roll from the hip toward the knee. Move the roller to the outside of your thigh and roll from the hip down toward the knee.



Calf Release

Place the massage roller on your calf and roll from the ankle toward the back of knee.

Lacrosse Ball

A tool ideal for deep tissue self-massage. It helps release tight knots, improve mobility, and relieve muscle soreness by applying focused pressure to hard-to-reach areas.



Glute Release

Sitting on a firm chair or the floor, place a lacrosse ball under one glute. Slowly shift your weight to roll over tight areas.

Looped Band

Versatile resistance tools that help build strength, improve mobility, and activate key muscle groups. Useful for warming up and providing controlled tension through a full range of motion.



Seated Assisted Hamstring Stretch

Sit towards the edge of a chair with one leg extended and loop the band around the extended foot. Keep your back straight and gently pull on the band, drawing your chest forward toward your thigh. Hold for 20–30 seconds each leg.



Assited Calf Stretch

Sit with one leg extended and loop the band around the ball of your foot. Hold the band ends and gently pull your toes toward you while keeping your leg straight. Hold for 20-30 seconds each leg.



Banded Shoulder Mobility

Stand tall holding a long looped band with a wide grip. Keeping your arms straight, slowly raise the band overhead and continue moving it behind your back, then return to the front.

Perform 8-10 controlled reps.

Massage Gun

Handheld device that delivers rapid, targeted pulses to sore muscles, helping reduce tension, boost circulation, and speed up recovery. Especially effective for loosening tight areas and improving range of motion.



Quadriceps Release

While seated or standing, place the massage gun on the front of your thigh. Slowly move the gun up and down along the quadriceps muscle, pausing briefly on tighter areas. Continue for 30-45 seconds each leg.



Glute/Hamstring Release

Stand or sit and place the massage gun on the glute and hamstring muscles. Slowly move the gun in small circles across the muscle, focusing on areas that feel tight. Continue for 30-45 seconds each leg.



Calf Release

Sit with one leg extended and place the massage gun on the calf muscle. Move the gun slowly from the ankle toward the back of the knee, pausing briefly on tight spots. Continue for 30-45 seconds each leg.



Trap/Deltoid Release

Place the massage gun on the upper trap muscle. Slowly move the gun across the muscle. Continue for 30-45 seconds each side.

Dowel

Tool used to improve mobility, posture, and movement mechanics. Especially helpful for practicing proper form, increasing shoulder and spinal flexibility, and supporting safe, controlled stretching exercises.



Shoulder Pass-Throughs

Stand tall holding a dowel with a wide grip. Keeping your arms straight, slowly raise the dowel overhead and continue moving it behind your back, then return to the front. Perform 8-10 controlled reps.



Thoracic Rotations

Sit or stand holding the dowel across your upper back with your arms resting over it. Keep your hips facing forward and slowly rotate your torso side to side. Perform 8-10 controlled reps each side.



Hip Hinge

Stand with the dowel along your spine, touching your head, upper back, and tailbone. Keeping all three points in contact, hinge your hips back and return to standing. Perform 8-10 reps.



Side Bends

Holding the dowel overhead with both hands. Slowly lean your torso to one side while keeping your hips stable. Perform 6-8 reps each side.