



HOW TO TRAIN MOBILITY FOR BEGINNERS

By Eleftheria Mikrogiannaki



Mobility is the ability to move freely and easily

Welcome to my quick guide how to start mobility training

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1. Why is it important to incorporate mobility into your training routine

What is really Mobility?

Scientifically speaking, mobility is the range of motion our joints can perform when exercising. For me, mobility is something deeper. It is a perception, an awareness of our body. Mobility exercises are designed not only to increase your range of motion, but also to give you control over your movements, over each muscle and over each joint. If you are an athlete who wants to jump higher, run faster, lift heavier more efficiently, and perform at your best without getting injured, mobility training is a must. You don't have to be an athlete to incorporate mobility into your training.

The benefits of mobility training in everyday life are numerous.

- *Promotes good posture.*
- *Relieves tension associated with lifestyle or overtraining.*
- *Increases range of motion, which helps you stay active and live a healthier life by preventing injuries.*
- *Helps build stronger and more adaptable muscles.*

Another important aspect of mobility training is correcting movement imbalances and compensations. Many individuals develop faulty movement patterns over time, which can put excessive stress on certain joints and lead to overuse injuries. Mobility exercises can help identify and correct these imbalances, ensuring that our movements are biomechanically sound and efficient. Remember, mobility training is not an one-size-fits-all approach. Listen to your body and modify exercises as needed to avoid any pain or discomfort. Gradually progress in intensity and range of motion as your body adapts.

In conclusion, incorporating mobility into your training routine is essential for athletes and non-athletes alike. It offers numerous benefits for improving performance, preventing injuries, and enhancing overall quality of life. Start incorporating mobility exercises into your routine today to experience these benefits firsthand.

2 . Train for longevity

Move it or lose it!

Besides the strength training we all know, there is another form of strength that many people forget or ignore or just don't think is important. It's a deeper kind of strength that starts from the inside out. It focuses on improving joint health. After all, what's the point of building muscles if your joints can't keep up?

Remember, every movement starts from the inside out. If your hip isn't in the best shape, do you think you can squat efficiently?

The answer is no. Your joints are like the foundation of a building. If the foundation is weak, the entire structure is compromised. That's why it's crucial to pay attention to joint health and make it a priority in your fitness routine. When you do mobility training, you can train longer with a much better quality of life. Faster performance results are usually come with a downside: overtraining, injury, and low energy.

In addition to its physical benefits, mobility training offers numerous mental and emotional advantages. It promotes body awareness, mindfulness, and relaxation, allowing us to connect with our bodies on a deeper level. By focusing on our movements and breathing during mobility exercises, we can reduce stress, improve mental clarity, and enhance overall well-being.

3 . Inspired by Animal Movement

I was first introduced to Animal Movement in 2021 when Covid hit. The first quarantine came and we all started to train at home or outdoors. That time I attended an online seminar with Panos Theodorou, the founder of Animal Movement in Greece. I was impressed by how different this type of training was and make me felt like I was training for the first time. Animal Movement is a type of training that challenges your agility, flexibility, coordination, stability and mobility. It tests your overall strength as well.

I was thrilled to find a form of exercise where I could practice all of these skills at home or outdoors without any equipment, as all the gyms were closed due to the quarantine. Animal Movement is a functional system based on the primal movements of the human body. In modern life the lack of movement has caused many musculoskeletal problems. In the past, people were constantly moving, nowadays most people are leading a sedentary life. The human body is designed to move freely in all directions.



WE BECOME WHAT WE DO!

4 . How to start

The whole idea behind this guide is: Start SLOW, be SAFE, and EFFICIENT. Whenever you try new movements, don't speed up or force the movement. Concentrate on your technique and form. There are many exercises for mobility training, don't rush, master the fundamentals first and build strength from the ground up.

OWN the movement, CONTROL the muscles. After years of training and working with my clients, I have found that the exercises described below are a safe way for anyone to get started with their mobility training.

The cat stretch



Get on all fours so that your knees are under your hips and your palms are under your shoulders. Look forward, inhale, and lightly engage your core. Round/flex your back to get a good stretch while simultaneously tucking your chin into your chest and exhaling. Hold for a few seconds. Return to a neutral torso and repeat.

This movement sequence creates a gentle, dynamic stretch for the back muscles while also promoting mobility and alignment in the spine. It's important to move with mindful awareness, paying attention to your body's feedback and making adjustments as needed to ensure comfort and safety throughout the movement. While engaging in this exercise, remember to maintain smooth and controlled breathing, inhaling as you prepare for the movement and exhaling as you round the back. This helps to promote a sense of relaxation and fluidity in the body as you transition through the sequence

The scapula push ups



To perform this exercise, begin by positioning yourself in an elbow plank with your elbows directly underneath your shoulders, and your toes touching the floor. It's important to maintain a straight line from your head to your heels, and to keep your head relaxed in a neutral position, aligned with the rest of your spine.

As you hold the plank position, focus on tightening your core and glutes to prevent your hips from dropping. This engagement helps to stabilize your body and promotes overall strength through the core and lower body.

Concentrate on pinching your shoulder blades together, imagine a pencil between your shoulder blades and actively pinching it. Retract and protract your shoulder blades, this involves slightly lowering your body by moving the shoulder blades together and then apart, utilizing a small range of motion. It's important to note that you should not lower your chest all the way to the floor during this movement. This action engages the muscles in the upper back and promotes shoulder stability and strength.

The wave cobra





To perform this movement, start by sitting back on your heels with your arms out in front of you on the floor. Keep your head tucked in, then begin to lift your hips slowly by extending your knees until both legs are fully extended, while also slowly rounding your spine. This movement engages the muscles in the legs and back, promoting flexibility and strength in these areas.

Next, push your shoulders forward and slowly lower your hips to the floor, unraveling the spine with the head being the last to come up as you transition into a cobra position. In the cobra position, focus on gently opening the chest and engaging the muscles in the back and shoulders, while maintaining a comfortable stretch.

Then reverse the movement. This sequence of movements helps to promote flexibility, mobility, and strength throughout the back, hips, and shoulders, while also encouraging mindful, controlled movement and breath awareness.

Remember to breathe deeply and mindfully throughout the movements, and focus on moving with awareness and control. By practicing this exercise regularly and with attention to proper form, you can help improve your overall flexibility, mobility, and strength in the back, hips, and shoulders, while also promoting mind-body connection and relaxation.

The shin box get up



To perform this movement, start by sitting on the floor with your right leg in front of you, turned so the outside of your thigh is resting on the floor and your knee is bent at a 90-degree angle. Your ankle and foot should also be on the floor with your toes pointing forward. Keep your left leg extended out to the side at a 90-degree angle, with the inside of your thigh, shin, and foot resting on the floor and the knee bent at 90 degrees.

Maintain a tall, proud chest and keep your spine vertical as you activate your glutes and press your front knee into the ground, driving your hips up. This action engages the glutes and quads, helping to strengthen and activate the muscles around the hips and thighs. From this position, rotate your hips to switch legs, bringing the left leg in front and the right leg out to the side, and then repeat the movement.

This exercise helps to improve hip mobility, strengthen the muscles around the hips and glutes, and promote balance and stability. It's important to focus on proper alignment, engage the muscles as described, and move through the transitions with control. If you experience any discomfort or limitations during the movement, consider modifying the positioning or range of motion to suit your individual needs.

The Primeval squat



To perform this movement, start by standing with your feet shoulder-width apart and your toes pointed slightly outward. As you lower into the squat, keep your chest open and your spine in a neutral position to maintain proper alignment. While lowering into the squat, reach your right arm toward the ground near your right heel, ensuring that your chest remains open and your spine stays neutral. Then, return to the standing position and repeat the movement on the opposite side by reaching the left arm toward the ground near the left heel.

This exercise challenges lower body strength, balance, and flexibility, while also engaging the core and upper body. It can help improve mobility in the hips, ankles, and spine while strengthening the muscles of the lower body and core.

Additionally, if you have any specific mobility issues or concerns, consider modifying the range of motion or depth of the squat to suit your individual needs. Gradually increasing the depth and range of motion as your strength and flexibility improve can help you progress safely and effectively. Always listen to your body and make adjustments as needed to ensure a safe and beneficial exercise.

The side kick



Starting in a tabletop position with your wrists under your shoulders and your knees under your hips, you'll want to engage your core muscles to maintain a stable and neutral spine as you slightly lift your knees off the ground. This engages your core and helps to build strength and stability in your abs and lower back.

From there, you can perform side kicks by slowly releasing one hand and raising the opposite leg out to the side while keeping your hips and foot low to the ground. This movement challenges not only your core stability but also your hip and glute muscles. After performing the side kick on one side, you switch and repeat the movement on the other side. This exercise helps to improve hip flexibility, strengthen the muscles around the hips and core, and enhance overall stability and balance.

It's important to focus on maintaining proper form throughout the movement to ensure that you're effectively targeting the intended muscles and minimizing the risk of injury. Remember to engage your core, keep your movements slow and controlled.

WORKOUT EXAMPLES

Here are two examples of how you can incorporate these mobility exercises into your workout to build strength and mobility.

UPPER BODY MOBILITY CIRCUIT :

6-8 reps

2 - 3 sets rest as needed

- *Cat stretch*
- *Scapula push ups*
- *Wave cobra*

UPPER BODY STRENGTH CIRCUIT :

6-8 reps

2 - 3 sets rest as needed

- *Push ups (if you are a beginner modify and start on your knees)*
- *Kettlebell pull over*

LOWER BODY MOBILITY CIRCUIT :

6-8 reps

2 - 3 sets rest as needed

- *Shin box get up*
- *Primeval squat*
- *Side kicks*

LOWER BODY STRENGTH CIRCUIT :

6-8 reps

2 - 3 sets rest as needed

- *Split squat*
- *Kettlebell Goblet squat*

THANK YOU FOR TAKING TIME TO READ THIS

I really hope you find it useful and start incorporating it into your routine.

<https://unconventionalstrengthandmobility.com/>

A stylized, handwritten signature in black ink, appearing to be 'E. Mikrobiannaki'.

E.Mikrobiannaki

