

★★★ PA MOBILITY



BAND MOBILITY

MOVEMENT PRACTICE

M01

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WHAT THIS GUIDE IS FOR

Choose one session that fits the movement you want to practice. These four options complement training; they are not assigned to weekdays.

BAND A

Upper-Body Primer

Before upper-body training to prepare reaching and pulling.

BAND B

Lower-Body Primer

Before squats or hinges to prepare hips and ankles.

BAND C

Full-Body Reset

For a controlled pass through shoulders, hips, and trunk.

BAND D

Strength-Range Session

Before lifting to practice range with light band tension.

Equipment for each choice appears on page 5. You can repeat a choice and compare your records over time.

CHOOSE. PRACTICE. COMPARE.

01 CHOOSE Use page 5 to A, B, C, or D and check the equipment list.

02 READ Page 6 explains the fields and Mobility tempo. Page 7 has optional position checks; the two PVC checks need a PVC pipe.

03 PRACTICE Pages 8–11 show one workout sheet per choice. A1, B1, C1, and onward.

04 RECORD Use the blue S1–S3 fields for each drill. Add what felt best and what to try next time.

05 COMPARE Page 12 keeps position checks, and results together. Drill setups follow.

You may use a relevant session whenever it complements training. Quality, control, and repeatable records matter more than a fixed schedule.

CHOOSE THE SESSION

Choose a session by its movement focus. Equipment is listed here; the workout sheets keep the Strength layout.

BAND A

Upper-Body Primer

EQUIPMENT REQUIRED Squat rack, long loop band, light tube band, limb (mini) band, exercise mat

BAND B

Lower-Body Primer

EQUIPMENT REQUIRED Squat rack, long loop band, limb (mini) band, exercise mat, wall space

BAND C

Full-Body Reset

EQUIPMENT REQUIRED Long loop band, limb (mini) band, exercise mat

BAND D

Strength-Range Session

EQUIPMENT REQUIRED Squat rack, long loop band, light tube band, exercise mat

Run a session when it serves the workout or movement goal; these are choices, not assigned weekdays.

YOUR MOBILITY WORKOUT KEY

The workout sheet follows Strength: number, exercise, sets, reps, tempo, RPE, notes, and a separate record for every set.

NO. A1, B1, C1... follow Strength workout numbering. Move through the exercises in order and record your response for each.

EXERCISE An asterisk marks an exercise with a Special Notes cue. [ASSIST] helps into range; [RESIST] works against you; [LOAD] uses weight.

SETS + REPS / TIME Complete 2–3 controlled rounds as a starting range. Record each round in S1–S3; adjust if control fades. “/side” means each side.

TEMPO For mobility, 2-3-2 means 2 seconds into range, 3 holding it, 2 returning. Words such as “slow” or “long exhales” are instructions; “fast up” applies only where written. Dash = no tempo.

RPE + REST RPE is effort on a 1–10 scale. REST is the pause after a set; 0 means no scheduled pause before the next row.

SPECIAL NOTES One short cue. Detailed setup, easier and harder versions follow in the drill pages.

RECORD EACH SET S1, S2, S3 are separate result records. For Mobility, note active range, side difference, control, or response. For Strength, record load and reps.

SELECT → PRACTICE → RECORD → APPLY

Choose equipment on page 5. Use the separate position-check page if needed. For Primers, apply the useful position in the first lift warm-up.

Strength tempo: lower • pause • lift • pause. A three-part Mobility code means into-range • hold • return. Only a specifically labeled fast phase is fast.

HOW TO TEST AND RETEST

Use the check named on your session sheet. Repeat it with the same setup after the drills; record what you actually notice.

Supine Overhead Reach On your back, knees bent, low back flat. Straight arms, thumbs up, reach overhead toward the floor. Stop when ribs lift or low back arches. **RECORD** Hand to floor: touch / fingertips / gap (finger widths), L and R

Knee-to-Wall Half-kneel or split stance facing a wall. Heel down, knee touches the wall. Slide the foot back until the knee can just touch.

RECORD Toe-to-wall distance (cm or in), L and R

PVC Pass-Through Grip Width Tape marks every inch on the PVC. Pass over and behind with straight elbows and no rib flare.

RECORD Narrowest clean grip (index finger to index finger)

PVC Hinge Check PVC along the spine touching head, upper back and tailbone. Hinge until any contact point is lost.

RECORD Contact lost: above 45° / about 45° / near parallel

Behind-Back Reach One hand over the shoulder and down the back, the other up the back from below. Switch sides.

RECORD Finger gap (finger widths or cm); overlap = negative

Squat-to-Target Check Bodyweight squat to a box, step, or stack. Heels down, 3 s pause, stand without rocking.

RECORD Lowest target you control

Active Straight-Leg Raise On your back, both legs straight, toes up. Raise one straight leg; the other stays flat.

RECORD Raised ankle lines up over: mid-thigh / knee / mid-shin / below

STOP / SCALE Sharp or pinching pain, lasting pain, numbness or tingling, dizziness, or loss of position: reduce range or difficulty. If it persists, skip the drill today.

One better retest is feedback from today, not proof of a permanent range change. Cooldowns have no formal position check.

BAND A / UPPER-BODY PRIMER

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	Band-Assisted Overhead Opener* [ASSIST]	2–3	30 s/side	long exhales	4–5	0
B1	Mini-Band Overhead Y Hold* [RESIST]	2–3	6	2-3-2	6	20 s
C1	Half-Kneeling Band 90/90 External Rotation* [RESIST]	2–3	8/side	2-1-2	6	0
D1	Overhead Band Pull-Apart to W* [RESIST]	2–3	10	2-1-2	6	0

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Ribs tucked; let the band lift the arm	S1	S2	S3
B1	Press out on the band, ribs down	S1	S2	S3
C1	Elbow stays at shoulder height	S1	S2	S3
D1	Shoulders down, elbows to back pockets	S1	S2	S3

ROUNDS 2–3

APPLY • FIRST WARM-UP

Hold the position you earned.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

BAND B / LOWER-BODY PRIMER

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	Banded Ankle Rock* [ASSIST]	2–3	10/side	1-2-1	4–5	0
B1	Mini-Band Lateral Walk* [RESIST]	2–3	8 steps each way	controlled	6	0
C1	Banded Half-Kneeling Hip Flexor Opener* [ASSIST]	2–3	30 s/side	hold	5	0
D1	Mini-Band Glute Bridge + Abduction Hold* [RESIST]	2–3	8	2-3-2	6	20 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Heel down, knee over middle toes	S1	S2	S3
B1	Push the floor apart, toes forward	S1	S2	S3
C1	Squeeze glute, ribs down	S1	S2	S3
D1	Knees out, ribs down at the top	S1	S2	S3

ROUNDS 2–3

APPLY • FIRST WARM-UP

Hold the position you earned.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

BAND C / FULL-BODY RESET

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	Band Pull-Apart* [RESIST]	2–3	15	1-1-1	5	0
B1	Overhead Band Pull-Apart to W* [RESIST]	2–3	10	2-1-2	5–6	30 s
C1	Supine Band-Assisted Leg Raise + Active Hold [ASSIST → active]*	2–3	4/side	3-3-2	5	0
D1	Mini-Band Glute Bridge + Abduction Hold* [RESIST]	2–3	8	2-3-2	6	30 s
E1	Band Pull-Apart Overhead Squat* [RESIST]	2–3	6	3-2-1	6	30 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Straight arms, shoulders down	S1	S2	S3
B1	Pull apart and down	S1	S2	S3
C1	Band slack, leg stays up	S1	S2	S3
D1	Knees out at the top	S1	S2	S3
E1	Keep pulling the band apart	S1	S2	S3

ROUNDS 2–3

CONTROLLED PRACTICE

Record each set response.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

BAND D / STRENGTH-RANGE SESSION

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	Band-Assisted Overhead Opener* [ASSIST]	2–3	30 s/side	long exhales	4–5	0
B1	Standing Band Front Raise to Overhead Hold* [RESIST]	2–3	5/side	2-3-2	7	45 s
C1	Band-Resisted Split Squat* [RESIST]	2–3	6/side	3-1-1	6–7	0
D1	Long-Sit Band Row with Pause* [RESIST]	2–3	10	2-2-2	6	45 s
E1	Band Pallof Press with Hold* [RESIST]	2–3	6/side	2-3-2	6	30 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Let the band lift the arm	S1	S2	S3
B1	Reach tall, don't lean back	S1	S2	S3
C1	Back knee down, torso tall	S1	S2	S3
D1	Row to ribs, chest up	S1	S2	S3
E1	Don't let the band turn you	S1	S2	S3

ROUNDS 2–3

CONTROLLED PRACTICE

Record each set response.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME



KEEP A USEFUL RECORD

Log repeated sessions with the same check or movement setup. Compare controlled range, side differences and how the position feels. A better result today is feedback, not a promise of permanent change.

DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS
DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS
DATE	SESSION	CHECK / POSITION
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DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS

No formal check? Record one repeatable movement observation and use the same setup next time.

SETUP • EASIER • HARDER

DRILL SETUPS / 1 of 3 • Exercise names match the session sheets.

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
Band-Assisted Overhead Opener [ASSIST] Shoulder flexion / lat length with light band traction.	Light-medium long loop girth-hitched to a rack upright at HIGH anchor. Half-kneel facing away, band across the back of the wrist, walk forward until the band draws the arm overhead.	Lighter band, smaller walk-out.	Palm up; slow rock back toward heels.
Mini-Band Overhead Y Hold [RESIST] Active overhead reach with upward rotation.	Limb band around both wrists, tall kneeling, press from forehead height up into a Y and hold.	Standing, lighter band, lower Y.	Heavier limb band; 5 s holds.
Half-Kneeling Band 90/90 External Rotation [RESIST] External-rotation strength near end range.	Light tube band at SHOULDER anchor on the rack (your half-kneeling shoulder height). Face the anchor, upper arm out at shoulder height, elbow 90°, rotate forearm up to vertical.	Elbow at your side.	3 s hold at top.
Overhead Band Pull-Apart to W [RESIST] Scapular retraction and depression with arms overhead. No anchor.	Light long loop band, hands just outside shoulder width overhead; pull apart and down into a W.	Pull-apart at chest height.	2 s pause in the W.
Standing Band Front Raise to Overhead Hold [RESIST] Reach overhead against resistance with trunk control. No anchor.	Stand on a light long loop band with the same-side foot; straight arm, thumb up; raise front-to-overhead and hold.	Stop at eye level.	Half-kneeling (removes leaning).
Banded Ankle Rock [ASSIST] Ankle dorsiflexion for squat depth and knee-forward positions.	Heavy long loop at LOW anchor. Band across the FRONT of the ankle crease; walk AWAY from the anchor so the band pulls the ankle backward. Split stance or half-kneel, drive the knee forward over the middle toes, heel down.	No band.	5 s hold at end range.

SETUP • EASIER • HARDER

DRILL SETUPS / 2 of 3 • Exercise names match the session sheets.

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
Mini-Band Lateral Walk [RESIST] Side-to-side hip control.	Limb band above knees (easier) or at ankles (harder), quarter squat, step sideways.	Band above knees, smaller steps.	Band at ankles, deeper stance.
Banded Half-Kneeling Hip Flexor Opener [ASSIST] Hip extension for lunge, split squat, lockout.	Long loop at LOW anchor BEHIND you, band around the top of the rear thigh at the hip crease; walk forward to tension, drop the rear knee onto the mat.	No band.	Raise same-side arm overhead.
Mini-Band Glute Bridge + Abduction Hold [RESIST] Active hip extension and abduction.	Limb band above knees, feet flat, drive up, press knees out at the top and hold.	No band.	Single-leg bridge.
Band Pull-Apart [RESIST] Upper-back and rear-shoulder activation. No anchor.	Light band at chest height, straight arms, pull to the chest, shoulders down.	Wider grip / lighter band.	2 s pause, palms up.
Supine Band-Assisted Leg Raise + Active Hold [ASSIST → active] Hamstring range, then own it without help. No anchor.	On your back, long loop band around one foot. Pull the straight leg up to a comfortable end range (3 s), let the band go slack and hold the leg there on its own (3 s), lower (2 s).	Bend the down-leg knee, foot flat.	Longer unassisted hold.
Band Pull-Apart Overhead Squat [RESIST] Overhead reach held under squat demand. No anchor.	Light band held overhead, pulling it apart the whole time; squat to the depth you control.	Squat to a plyo box.	Narrower grip, 3 s pause at depth.

SETUP • EASIER • HARDER

DRILL SETUPS / 3 of 3 • Exercise names match the session sheets.

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
Band-Resisted Split Squat [RESIST] Loaded split stance: hip extension on the back leg, knee-forward on the front. No anchor.	Front foot stands on a medium long band; hold the band ends at the shoulders; lower the back knee toward the floor.	No band; one hand on the rack.	Heavier band; 2 s pause.
Long-Sit Band Row with Pause [RESIST] Scapular retraction and thoracic extension. No anchor.	Sit tall, legs straight, band around the soles of both feet; row to the ribs, pause 2 s.	Bend knees; lighter band.	Heavier band, 3 s pause.
Band Pallof Press with Hold [RESIST] Anti-rotation trunk control.	Light tube band at SHOULDER anchor on the rack (chest height when standing), side-on, press hands straight out and hold 3 s without turning.	Half-kneeling, lighter band.	Split stance, longer hold.