

PA MOBILITY



LOWER-BODY MOBILITY

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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.

LOWER-BODY A

Squat, Ankle & Adductor

Before squat work to practice ankle, hip, and adductor range.

LOWER-BODY B

Hinge, Split & Rotation

Before hinges or split-stance work to rehearse hip control.

LOWER-BODY C

Lower-Body Reset

For a broad lower-body reset after prolonged sitting.

LOWER BODY D

Lower Cooldown

After lower-body training for slower, comfortable movement.

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.

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.

LOWER-BODY A

Squat, Ankle & Adductor

EQUIPMENT REQUIRED Squat rack, kettlebell, plyo box, yoga blocks (2), exercise mat

LOWER-BODY B

Hinge, Split & Rotation

EQUIPMENT REQUIRED Squat rack, kettlebell, plyo box, yoga blocks (2), bumper plate, exercise mat

LOWER-BODY C

Lower-Body Reset

EQUIPMENT REQUIRED Squat rack, yoga blocks (2), exercise mat, wall space

LOWER BODY D

Lower Cooldown

EQUIPMENT REQUIRED Squat rack, long loop band, exercise mat, wall space

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.

LOWER-BODY A / SQUAT, ANKLE & ADDUCTOR

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	Goblet Squat Hold with Pry* [LOAD]	2–3	30 s	hold, small shifts	5–6	0
B1	KB-Loaded Half-Kneeling Ankle Rock* [LOAD]	2–3	6/side	2-2-1	5–6	30 s
C1	Quadruped Adductor Rock-Back*	2–3	6/side	2-3-2	5	0
D1	Cossack Squat to Block, Supported*	2–3	4/side	3-2-1	6–7	45 s
E1	Heel-Tap Box Step-Down*	2–3	5/side	3-1-1	6–7	0
F1	Tempo Goblet Squat to Target* [LOAD]	2–3	5	3-2-1	6	45 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Elbows push knees out, chest tall	S1	S2	S3
B1	Heel down, knee past toes	S1	S2	S3
C1	Flat back, rock hips back	S1	S2	S3
D1	Sit down; straight leg long	S1	S2	S3
E1	Knee forward, hips level	S1	S2	S3
F1	Own every inch to the target	S1	S2	S3

ROUNDS 2–3

CONTROLLED PRACTICE

Record each set response.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

LOWER-BODY B / HINGE, SPLIT & ROTATION

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	90/90 Hip Switch*	2–3	4/side	3-1-3	4–5	0
B1	90/90 Lift-Offs*	2–3	3 each lift/side	lift, hold 3 s	6–7	30 s
C1	KB Tempo Romanian Deadlift* [LOAD]	2–3	6	3-1-1	6	0
D1	Couch Stretch, Box Version* [ASSIST]	2–3	30 s/side	hold, squeeze glute	5–6	45 s
E1	KB Single-Leg RDL to Block* [LOAD]	2–3	5/side	3-1-1	6	0
F1	Front-Foot-Elevated Split Squat, Pause*	2–3	5/side	3-2-1	6–7	45 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Sit tall; knees fall together	S1	S2	S3
B1	Lift without leaning away	S1	S2	S3
C1	Hips back, bell close	S1	S2	S3
D1	Squeeze glute, ribs down	S1	S2	S3
E1	Hips square, reach long	S1	S2	S3
F1	Rear knee down, front heel heavy	S1	S2	S3

ROUNDS 2–3

CONTROLLED PRACTICE

Record each set response.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

LOWER-BODY C / LOWER-BODY RESET

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	Knee-to-Wall Ankle Rock*	2–3	10/side	1-2-1	4–5	0
B1	Supported Deep Squat Hold* [ASSIST]	2–3	30 s	breathe, shift	5	0
C1	90/90 Hip Switch*	2–3	5/side	3-1-3	5	0
D1	Quadruped Adductor Rock-Back*	2–3	5/side	2-3-2	5	20 s
E1	Half-Kneeling Hip Flexor Stretch with Reach* [ASSIST]	2–3	30 s/side	hold	5	0
F1	Glute Bridge March*	2–3	6/side	controlled	6	20 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Heel down, knee over middle toes	S1	S2	S3
B1	Hold on, sit deep, breathe	S1	S2	S3
C1	Sit tall	S1	S2	S3
D1	Flat back, rock back	S1	S2	S3
E1	Squeeze rear glute	S1	S2	S3
F1	Hips stay level	S1	S2	S3

ROUNDS 2–3

CONTROLLED PRACTICE

Record each set response.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

LOWER BODY D / LOWER COOLDOWN

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	Supine Band Hamstring Stretch* [ASSIST]	2–3	45 s/side	hold	4	0
B1	Supine Figure-4 Stretch* [ASSIST]	2–3	45 s/side	hold	4	0
C1	Half-Kneeling Hip Flexor Stretch with Reach* [ASSIST]	2–3	45 s/side	hold	4	0
D1	Wall Calf Stretch, Straight + Bent Knee* [ASSIST]	2–3	30 s each version/side	hold	4	0
E1	Supported Deep Squat Hold* [ASSIST]	2–3	60 s	breathe	3–4	0
F1	Quadruped Adductor Rock-Back*	2–3	6/side	2-3-2	4	0

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Other leg stays flat	S1	S2	S3
B1	Long exhales	S1	S2	S3
C1	Squeeze rear glute	S1	S2	S3
D1	Heel down	S1	S2	S3
E1	Relax, breathe low	S1	S2	S3
F1	Rock back slowly	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
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STARTING POINT	CURRENT RESULT	NEXT FOCUS
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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 4 • Exercise names match the session sheets.

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
Goblet Squat Hold with Pry [LOAD] Loaded deep squat; bell is a counterbalance.	8–16 kg KB at the chest; elbows push knees out; small shifts side to side.	Lighter kettlebell; one hand on the rack.	Longer holds.
KB-Loaded Half-Kneeling Ankle Rock [LOAD] Dorsiflexion under load.	KB resting on the front thigh just above the knee; rock knee forward, heel down.	No load.	Heavier bell.
Quadruped Adductor Rock-Back Adductor length with a neutral spine.	Hands and knees, one leg straight out to the side, foot flat; rock hips back.	Smaller rock.	5 s hold at end range.
Cossack Squat to Block, Supported Adductor length + side-to-side control at depth.	Hold a rack upright; wide stance; sit to one side onto a plyo box; straight leg long.	Higher target or P08.	Goblet-loaded, no support.
Heel-Tap Box Step-Down Knee-forward single-leg control.	Stand on a low box (6–12 in); lower the free heel to tap the floor.	Lower box; one hand on the rack.	Goblet KB.
Tempo Goblet Squat to Target [LOAD] Use the range under load.	Squat to your best test target with a goblet KB.	Higher target.	Heavier; longer pause.

SETUP • EASIER • HARDER

DRILL SETUPS / 2 of 4 • Exercise names match the session sheets.

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
90/90 Hip Switch Hip internal and external rotation.	Seated, both knees bent 90°, hands on blocks behind; rotate knees side to side.	Feet wider, more hand support.	Hands off.
90/90 Lift-Offs Active control at end of hip rotation.	In 90/90, lift the front shin or the back knee off the floor and hold 3 s.	Smaller lift, more hand support.	Longer holds.
KB Tempo Romanian Deadlift [LOAD] Hamstring length under load in the hinge.	12–24 kg KB; hinge to mid-shin or your hinge landmark.	Lighter; shorter range.	Heavier.
Couch Stretch, Box Version [ASSIST] Hip extension / quad length.	Rear knee on the mat, rear shin up the side of a box braced against the rack, front foot flat. Before lifting ≤20 s.	Half-kneeling hip flexor stretch (L16).	Torso fully upright.
KB Single-Leg RDL to Block [LOAD] Single-leg hinge and side-to-side control.	KB in hand opposite the standing leg; reach toward a block; free hand on the rack if needed.	No load, one hand on the rack.	Heavier, no support.
Front-Foot-Elevated Split Squat, Pause Hip extension back leg, loaded flexion front leg.	Front foot on a bumper plate; lower the back knee, pause.	Flat ground, one hand on the rack.	Goblet KB.

SETUP • EASIER • HARDER

DRILL SETUPS / 3 of 4 • Exercise names match the session sheets.

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
Knee-to-Wall Ankle Rock Dorsiflexion, no equipment.	Face a wall in a split stance; drive the front knee toward the wall, heel down.	Closer to the wall.	Farther; 5 s hold.
Supine Figure-4 Stretch [ASSIST] Hip external rotation / glute length.	On your back, ankle over the opposite knee; pull the bottom thigh toward you.	Keep the bottom foot on the floor.	Hands pull harder, longer exhale.
Half-Kneeling Hip Flexor Stretch with Reach [ASSIST] Hip extension, no band.	Half-kneel, squeeze the rear glute, ribs down, reach the same-side arm overhead.	No reach.	Rear foot on a low step.
Glute Bridge March Active hip extension with side-to-side control.	Hold a bridge; lift one foot 2 in, place it, switch; hips stay level.	Two-foot bridge hold.	Arms across chest.
Supported Deep Squat Hold [ASSIST] Deep squat with support.	Hold a rack upright; sit into your deepest comfortable squat; breathe, shift side to side.	Sit to a low plyo box.	Hands free.
Wall Calf Stretch, Straight + Bent Knee [ASSIST] Calf length (gastrocnemius and soleus).	Hands on a wall; back leg straight for the first hold, then bend the back knee for the second.	Shorter stance.	Longer holds.



SETUP • EASIER • HARDER

DRILL SETUPS / 4 of 4 • Exercise names match the session sheets.

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
Supine Band Hamstring Stretch [ASSIST] Hamstring length post-training.	On your back, long loop band around one foot, straight leg up, other leg flat.	Bend the down leg.	Point toes toward you.