

PA MOBILITY



PVC MOBILITY

MOVEMENT PRACTICE

M02

LEGAL DISCLAIMER

Strength Compound LLC d/b/a PA Strength (the “Publisher”) provides this guide for general education. This guide, including its text, workouts, images, and worksheets (the “Content”), does not provide individualized medical, physical therapy, dietetic, or other licensed professional care.

Before changing your exercise or nutrition routine, consult a qualified health professional if you have a medical condition, an injury or symptoms, are pregnant or postpartum, take medication, or are unsure whether the Content is suitable for you. Do not use the Content to diagnose a condition or delay needed care.

Use a comfortable, controlled range. Do not force a joint position or treat a drill as a diagnosis or treatment for pain. Stop if a movement causes sharp pain, dizziness, numbness, or other concerning symptoms, and seek appropriate professional advice.

You decide whether and how to use the Content. Physical activity and changes in diet may involve risk. No particular result is promised; responses vary by person. Information can change after publication. Any right or protection that applicable law says a publisher cannot waive stays in effect, and this notice does not limit it.

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.

PVC A

Upper-Body Primer

Before overhead work to practice reach and shoulder control.

PVC B

Lower-Body Primer

Before lower-body work to rehearse squat and hinge positions.

PVC C

Full-Body Reset

For a simple head-to-toe movement reset with one tool.

PVC D

Barbell & Olympic Position Practice

Before barbell work to rehearse rack and overhead positions.

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.

PVC A

Upper-Body Primer

EQUIPMENT REQUIRED PVC pipe, exercise mat

PVC B

Lower-Body Primer

EQUIPMENT REQUIRED Plyo box, PVC pipe, yoga blocks (2), exercise mat

PVC C

Full-Body Reset

EQUIPMENT REQUIRED PVC pipe

PVC D

Barbell & Olympic Position Practice

EQUIPMENT REQUIRED Plyo box, PVC pipe, 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.

PVC A / UPPER-BODY PRIMER

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	PVC Pass-Through*	2–3	8	3-0-3	4–5	0
B1	Supine PVC Overhead Reach*	2–3	6	3-3-3	5	0
C1	PVC Behind-Back Lift-Off*	2–3	6	2-3-2	6	0
D1	PVC Front-Rack Elbow Rotation*	2–3	8	2-1-2	5	15 s
E1	PVC Overhead Hold March*	2–3	20 s	slow steps	5–6	0

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Straight elbows; never force it	S1	S2	S3
B1	Low back stays on the floor	S1	S2	S3
C1	Chest tall, lift without leaning	S1	S2	S3
D1	Elbows up, PVC stays on shoulders	S1	S2	S3
E1	PVC over mid-foot, ribs down	S1	S2	S3

ROUNDS 2–3

APPLY • FIRST WARM-UP

Hold the position you earned.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

PVC B / LOWER-BODY PRIMER

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	PVC Hip Hinge, 3-Point Contact*	2–3	8	3-1-2	4–5	15 s
B1	PVC Split Squat, Vertical Torso*	2–3	5/side	3-2-1	6	0
C1	PVC-Supported Lateral Lunge*	2–3	5/side	3-2-1	5–6	0
D1	PVC Front-Rack Squat to Box*	2–3	5	3-2-1	6	15 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Hips back, PVC stays touching	S1	S2	S3
B1	Rear knee down, torso tall	S1	S2	S3
C1	Sit into the bent hip	S1	S2	S3
D1	Elbows up, sit tall to the box	S1	S2	S3

ROUNDS 2–3

APPLY • FIRST WARM-UP

Hold the position you earned.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

PVC C / FULL-BODY RESET

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	PVC Overhead Side Bend*	2–3	5/side	2-2-2	5	0
B1	PVC Hinged Thoracic Rotation*	2–3	5/side	2-1-2	5	20 s
C1	PVC Good Morning to Squat*	2–3	6	3-3-2	5–6	0
D1	PVC-Supported Knee-Forward Ankle Rock*	2–3	8/side	1-2-1	5	20 s
E1	PVC Pass-Through*	2–3	8	3-0-3	5	0

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Ribs stay stacked, no twist	S1	S2	S3
B1	Hips still, turn the ribs	S1	S2	S3
C1	Flat back in the hinge, tall in the squat	S1	S2	S3
D1	Heel down, knee over middle toes	S1	S2	S3
E1	Straight elbows	S1	S2	S3

ROUNDS 2–3

CONTROLLED PRACTICE

Record each set response.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

PVC D / BARBELL & OLYMPIC POSITION PRACTICE

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	PVC Pass-Through*	2–3	8	3-0-3	4–5	0
B1	PVC Front-Rack Elbow Rotation*	2–3	8	2-1-2	5	0
C1	PVC Front-Rack Squat to Box*	2–3	5	3-2-1	6	30 s
D1	PVC Snatch-Grip RDL to Mid-Thigh*	2–3	6	3-1-1	5	0
E1	PVC Tall Muscle Snatch*	2–3	5	fast up, 2 s hold	5	30 s
F1	PVC Snatch-Grip Overhead Squat to Box*	2–3	5	3-2-1	6	45 s
G1	PVC Overhead Reverse Lunge*	2–3	4/side	3-1-1	6	30 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Straight elbows	S1	S2	S3
B1	Elbows up	S1	S2	S3
C1	Sit tall to the box	S1	S2	S3
D1	PVC slides on the thighs	S1	S2	S3
E1	Elbows high and out, no dip	S1	S2	S3
F1	Push up into the PVC. Gate: T3 clean at snatch width; otherwise repeat C1.	S1	S2	S3
G1	PVC over mid-foot	S1	S2	S3

ROUNDS 2–3

APPLY • FIRST WARM-UP

Hold the position you earned.

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
STARTING POINT	CURRENT RESULT	NEXT FOCUS
DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS
DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS
DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS
DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS
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
PVC Pass-Through Overhead path and shoulder extension in one arc.	Start wide. Narrow by about one fist only if both arms pass with straight elbows and no rib flare. Never force it.	Wider grip.	2 s pauses overhead and behind.
Supine PVC Overhead Reach Shoulder flexion without low-back cheating.	On your back, knees bent, shoulder-width grip, lower PVC overhead; stop when ribs lift.	Stop higher overhead.	At end range lift the PVC 1 in off the floor, hold 3 s.
PVC Behind-Back Lift-Off Active shoulder extension.	Standing, PVC behind you, overhand shoulder-width grip, arms straight; lift away from the hips and hold.	Smaller lift.	5 s hold.
PVC Front-Rack Elbow Rotation Front-rack position: wrist extension, shoulder ER, elbow height.	PVC across the front of the shoulders, fingertips under it; drive elbows up, then forward and back, letting the PVC roll.	Wider grip, fewer fingers on the PVC.	3 s hold at highest elbow position.
PVC Overhead Hold March Hold the overhead position while the legs move.	PVC locked out overhead, shoulder or snatch width; slow march in place.	Stand still.	Snatch width, slower march.
PVC Hip Hinge, 3-Point Contact Hinge with a flat back.	PVC along the spine touching head, upper back and tailbone; soft knees, push hips back.	Hands on hips, hinge toward a box.	Single-leg hinge with PVC (light).

SETUP • EASIER • HARDER

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

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
PVC Split Squat, Vertical Torso Split-stance hip extension and knee-forward front leg.	PVC along the spine as in the PVC Hip Hinge, 3-Point Contact (page 13); yoga block under the rear knee as a depth target.	Higher yoga block.	3 s pause at the bottom.
PVC-Supported Lateral Lunge Adductor length and side-to-side control.	PVC planted vertically in front as a balance pole; step wide, sit into one hip, other leg straight.	Shallower.	Lower Body Cossack squat (L04).
PVC Front-Rack Squat to Box Squat path with an upright torso.	PVC in front rack, elbows up; squat to a box you can touch with control.	Higher box.	Lower box; 3 s pause.
PVC Overhead Side Bend Lat and side-body length with arms overhead.	Wide grip overhead, feet hip width; bend sideways, ribs stay stacked (no twisting), return tall.	Hands wider, smaller bend.	Staggered stance, 3 s hold.
PVC Snatch-Grip Overhead Squat to Box Olympic overhead squat position.	Only if your pass-through is clean at snatch width. Snatch grip, PVC locked overhead, squat to a box.	PVC front-rack squat (page 9).	Lower box; no box.
PVC Tall Muscle Snatch Bar path and turnover to overhead.	Stand tall, PVC at hips in snatch grip; pull elbows high and out, turn over and punch to overhead with no dip.	High pull only.	Pause 2 s overhead.

SETUP • EASIER • HARDER

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

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
PVC Overhead Reverse Lunge Split-jerk position: overhead + hip extension.	PVC locked overhead; step back into a lunge, back knee toward the floor, return.	PVC on the back instead of overhead.	Slower, 2 s pause at the bottom.
PVC Snatch-Grip RDL to Mid-Thigh Olympic hinge position.	Snatch grip, PVC against the thighs; push hips back, PVC slides to just below the knee and back to mid-thigh.	Clean grip.	3 s pause below the knee.
PVC Hinged Thoracic Rotation Thoracic rotation while hips stay still.	PVC across the upper back; hinge to about 45°, knees soft; rotate one end of the PVC down and the other up, return.	Hinge less; smaller turn.	Pause 2 s at end range.
PVC Good Morning to Squat Links hinge and squat in one flow.	PVC across the upper back; hinge (3 s), drop into a squat (3 s), stand (2 s).	Squat to a box.	Pause 2 s in each position.
PVC-Supported Knee-Forward Ankle Rock Ankle dorsiflexion with a balance pole.	PVC planted in front; split stance, drive the front knee over the middle toes, heel down.	Shorter stance.	5 s hold at end range.