



ALLISON
TENNEY

HEALTH AND
FITNESS COACH

Minimum Mobility



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Minimum Mobility

WHAT'S THE MINIMUM YOU CAN DO TO CARE FOR YOURSELF?

Routines and habits should be easy and manageable. That's what Minimum Mobility is. It's not complicated. It doesn't take much time.

With a minimum amount of time and a very simple strategy, you can strip away unnecessary, redundant, and superfluous components that act as barriers for you to show up for your movement practice.

What is the shortest amount of time you can spend on mobility?

Do THAT. Start THERE.

Mobility refers to the ability of a joint to move freely through its range of motion. Spending intentional time mobilizing joints allows us to have greater range of motion.

THIS GREATER RANGE OF MOTION IS NOT JUST AN IMPORTANT TRAINING FACTOR, IT IS ALSO A CRITICAL LIFE FACTOR.

We want to maintain our range of motion as we age. Not being able to have full function of a joint can inhibit our everyday movement and lifestyle.

The human body is a series of joints stacked on top of each other creating a kinetic chain of mobile and stable joints in an alternating pattern. The stability joints are the foot, knee, lumbar spine, cervical spine and elbow.

The mobility joints are the big toes, ankle, hip, thoracic spine, shoulder and wrist. (This resource does not include big toe or wrist). When joints within the kinetic chain lose their primary role, movement becomes compromised.

Minimum Mobility

MOBILITY WORK DOESN'T NEED TO TAKE LONG. IT DOESN'T NEED TO BE COMPLICATED.


- Sitting in front of the TV?
- Need a 5:00 break from work or from sitting at your desk?
- Do you ever get to the end of the day and you just need to... DO SOMETHING to move your body?

You can use these simple mobility movements (and Bonus Flows!) as a warm up for your training, a cool down, a movement snack throughout your day, or a recovery session on your days off.

It's also important to incorporate core and trunk stability as you mobilize joints which have also been included for you to incorporate.

Minimum Effective Dose is the smallest dose that will produce a desired outcome.

– TIM FERRIS



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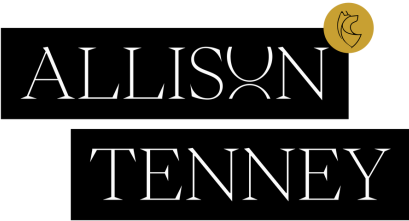
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- Choose your own adventure. Mix and match from the different joint sections.
- From each joint section, choose one (or all!) of the mobility exercises to complete.
- Spend 5–15 min+. It's your time. You decide. There is no "right" amount of sets, reps, or time — only the right amount for YOU.

REMEMBER - *These are simply suggestions.* You are the authority on YOUR body, so make sure you are listening and responding to your own needs.



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VIDEOS

ANKLE	THORACIC SPINE	HIPS
<u>HALF KNEELING ANKLE ROCKERS</u>	<u>QUADRUPED OPENERS</u>	<u>SPIDERWOMAN</u>
<u>DOWNWARD DOG ANKLE ROCKS</u>	<u>SIDE LYING BOOK OPENERS</u>	<u>90 - 90 HIP SWITCH</u>
<u>SEATED DORSIFLEXION ANKLE RAISES</u>	<u>SIDE LYING SHOULDER SWEEPS</u>	<u>FROGGER ROCKS</u>
<u>ANKLE CIRCLES</u>	<u>T-SPINE REACH THROUGHS</u>	<u>LONG ADDUCTOR ROCKS</u>
SHOULDER	CORE	
<u>DOWNWARD DOG</u>	<u>DEADBUG</u>	
<u>CHILD'S POSE WITH FOAM ROLLER Y</u>	<u>BIRD DOG</u>	
<u>SIDE LYING SHOULDER SWEEPS</u>	<u>BELLY BREATHING</u>	

BONUS VIDEOS

Feel free to follow along with these short flows. There are some bonus moves and additional mobility exercises that you may enjoy in addition to what is already included.

Hit pause and spend as much or as little time as you want on each move.

<u>BONUS FLOW #1</u>	<u>BONUS FLOW #2</u>	<u>BONUS FLOW #3</u>
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