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Feel More Awesome In Less Than 5 Minutes A Day!



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Training with Intent

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Mobility exercises and stretches that are easy to do and loosen up problem areas.

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Having worked for a number of years in finance I can appreciate how being stuck to your desk for 10 - 12 hours a day is not the most fun thing ever. This is also true if your job involves a lot of driving around.

Your posture takes a beating as gravity takes over and you inevitably start slumping forward before reminding yourself to try and sit upright. Which lasts for about 5 minutes before you get back to work and start slumping forward again. Over time, joints get a bit stiffer, muscles get a bit tighter and you start to feel a few niggles here and there.

Even as I sit here typing this, I can feel my back wanting to round out. I'm sure you just sat upright too after reading that. :-)

We are all pressed for time nowadays so I wanted to help you out with a daily routine that will take about 5 minutes to do (once you're comfortable with the exercises). It will hit a number of problem areas and should make you feel a bit better about life, the universe and everything. Well, help you move a little bit better at least.

Daily Routine

1. Cat / Camel (<https://youtu.be/DJwclgCLnyI>)

Why: The back and spine can become pretty stiff and inflexible after a lot of sitting. This exercise helps to get the back muscles and the spine moving again.

How Many: 10 repetitions



- Start on hands and knees. Knees underneath hips. Hands underneath shoulders.
- Arms should remain straight throughout entire exercise.
- Simultaneously roll head down towards chest whilst rounding back up towards the ceiling until a stretch is felt. Hips and shoulders should not move.
- Return to start position with straight back.
- Raise head up and at same time arch back towards floor. Hips and shoulders should not move.

Disclaimer: The recommendations in this article and any other document provided by me are not medical guidelines but are for educational purposes only. You must consult your doctor prior to starting this or any other exercise program or if you have any medical condition or injury that can possibly worsen with physical activity.

2. Hip Rock Backs with 1 Leg Extended (<https://youtu.be/a5DR21mpEsQ>)

Why: This hits the inner thigh and groin area which is tight for many people.

How Many: 10 repetitions each side



- Start on hands and knees. Knees underneath hips. Hands underneath shoulders.
- Arms should remain straight throughout entire exercise.
- Extend one leg straight out to side of body.
- Keeping leg straight, gently push hips back until stretch is felt in inner thigh and then return to start.
- Complete all reps on one side and then repeat with other leg.

3. Hip Flexor Stretch (<https://youtu.be/PI3NrQbtfE0>)

Why: Sitting is notorious for causing the hip flexor muscles to feel tight. This stretch, when done properly, can be pretty painful to begin with (a sign of very tight hip flexors) but your hips will thank you for the stretch.

How Many: Hold for 20 seconds each side



- Start in a half kneeling position - one knee on the floor bent at 90 degrees. Other leg in front with knee bent 90 degrees and foot on floor
- Get upright and think about being as "tall" as possible
- Lightly brace abdominals and glute muscles and very slightly, lean forward
- As glute muscles tighten, think about tucking tailbone under. Focus on keeping the tailbone "tucked" during the exercise
- Squeeze the glutes to push the hips forward a few inches
- If you are doing this correctly, it should be a very subtle movement of only a few inches. If you are moving the hips forward a lot, re-start and focus on tucking the tailbone again

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4. Side Lying Crossover (<https://youtu.be/OAFndCS8K-A>)

Why: This is a great movement to loosen up the upper back and stretch out the chest muscles. Two problem areas from sitting too much.

How Many: 10 repetitions on each side



- Lay on side with both legs straight. Place a medball at hip height and bring top knee up to rest on it throughout exercise. Knee should be bent 90 degrees.
- Extend both arms fully, directly in front of body. Maintain leg and bottom arm position during exercise.
- Keeping top arm straight, raise it up towards ceiling in as big an arc motion as possible, continue motion and rotate arm behind body. As arm rotates, rotate upper body and aim to have top shoulder touch floor behind.
- Eyes should follow rotating hand.

5. Spider Wall Walks - Facing (https://youtu.be/YsRmL_szfA)

Why: Another great upper back movement which helps to get the shoulder blade moving and it stretches the lats (back muscles that run down the sides)

How Many: 5 repetitions on each side



- Stand tall, facing a wall with one forearm flat against the wall directly in front of body
- Throughout movement, try to keep body as square onto the wall as possible
- Slide the forearm as far as possible up the wall
- At the top of the movement, use the fingers to "walk" the hand up even further, adding a greater stretch

Send me a message and let me know if this has helped you!

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