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JOINT MOBILITY 101

Joint mobility is essential for safe, effective and injury free training. Imagine stiff joints like “driving a Ferrari with the emergency brake still on”. Our body is capable of strong powerful and fast movement, yet poor mobility puts the body in compromising positions leading to injury and not training due to pain. Use the “Top-to-Bottom” system joint prep system to prepare yourself for your training.



3 WAY NECK

Keeping the rest of the spine neutral, focus on moving the neck laterally, up and down and side to side.

SHOULDER CORKSCREWS

Keeping the torso still, rotate the arms in opposite directions, moving the shoulder blades smoothly over the ribcage.



SHOULDER CIRCLES

Keeping the torso still, rotate the arm backwards and forwards in a controlled fashion keeping the arm as close to your midline as possible.

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SIDE SWEEPS

Leaving the arms heavy and loose, sweep side to side in front of the body stretching through the ribs, hips and shoulders.



HIP CIRCLES

Simply roll the hips left and right. Start with small controlled articulations before getting wider in to bigger and looser hip circles.

ANKLE CIRCLES

Simply roll the knees lightly left and right, then back to center. Control this movement focusing on the knees moving not the hips or ankles.



KNEE CIRCLES

Simply roll the knees lightly left and right, then back to center. Control this movement focusing on the knees moving not the hips or ankles.



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SIDE-TO-SIDE CHILDS POSE

Spread the knees, sink back to the hips and reach forward with straight arms. Walk the hands to the either side and breath in to the stretch, inhaling through the nose and out through the mouth.

CAT/COW STRETCH

Set up in a table top/all-fours position on the floor. Pull your spine to the floor, looking up and raising your chin, return back to the start position before pushing the floor away dropping your chin to your chest and curling up to the ceiling.



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Tall kneeling T-spine rotations

Set up in a wide kneeling position on the floor. Sit back onto your heel, steady your hips and place one hand on the floor in front of you, the other arm bent, with the hand on the back of the head. Rotate your head and arm out towards the ceiling, exhaling through your mouth as you rotate. Allow the ribcage and spine to rotate as far as you can each time.

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KNEELING FROG

Set up in a wide kneeling position on the floor. With both hands out in front of you, your back flat throughout the movement and eyes looking forward, slowly shift your hips back feeling the stretch on the inside of the legs and hips.



SIDE KNEELING FROG

Set up in a wide kneeling position, one leg extended fully to one side. Place your foot flat on the floor, with both hands out in front of you, your back flat throughout and eyes looking forward, slowly shift your hips back feeling the stretch on the inside of the legs and hips.



"WORLD'S GREATEST STRETCH"

From a high plank position, sweep the left foot to the left hand. Extend the right leg back, stretch the hip flexor and quad. Sink lower into the stretch by relaxing your breathing. The right hand still on the floor for balance, rotate your left arm out to the ceiling, allow your torso to turn, stretching down the through the ribs and back. Finally, return to the previous position before performing a hamstring extension. Extend the left leg out under the body, flat left foot, and balls of your right foot on the ground, relax your breathing to further the stretch before repeating on the opposite side.



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Performing daily mobility and maintenance on your body is essential to keep it flexible, strong and pain free. This simple guide can be administered as both a standalone practice any time of day or night, or before and after your training sessions at the gym. Practice each drill for a minimum of 30 seconds each, and go for longer and more frequently for best results.