Hello, Warrior!

Here is your free sample chapter on Joint Mobility from Warrior Fitness. Work these exercises on a daily basis as a morning wake up, or use them as a warm-up for a more strenuous workout. Either way, they will increase synovial fluid to joints, which aids in lubrication, help to increase range of motion, and ship out toxins.

For more information, and to purchase the complete book on Warrior Fitness, please see www.warriorfitness.org.

Awaken Your Inner Warrior!

Thanks,

Jon
Joint mobility is essential for lubricating the joints, loosening up the body, and increasing blood flow to aid in warming-up and injury prevention. Pain, stress, and tension are stored at various points in our bodies and can be abated and released through specifically designed mobility exercises. These exercise work by providing nutrition to the joints through synovial fluid and by breaking up deposits of sediment that can build up and “rust” our joints. Mobility training also works to increase the range of motion in our joints, muscles and connective tissues. By training yourself to be able to move slightly outside your comfort zone you are building in a safety-valve for when things happen to go wrong.

Also, there may be areas in the body where you may be storing tension that are detrimental to your performance since they are sapping energy and you are unaware of them. This is the basis for using dynamic mobility drills and active stretching (as opposed to passive) to release unnecessary tension to allow fuller, more powerful movement throughout an increased range of motion.

“For the competitive athlete or rehabilitative patient, static stretching is insufficient to develop the full range of movement strength, power, mobility and stability required in sport (or martial art)” (Siff, Supertraining)

The best time to do these drills is first thing in the morning. They serve as an early morning recharge for the entire body which will set the tone for the entire day. They can also be used prior to training or working out as a warm-up as well as after a workout, or between sets, to remove residual tension.

Try waking up 20 minutes earlier than usual and performing the following set of exercises. We’ll begin with the neck and work our way down the body, covering all the joints.
Neck

1. Up/Down - lift up from crown of head; slide down along plane of jaw for 3 to 6 repetitions.

2. Left/Right - turn head as far left as possible without pain, turn as far right as possible for 3 to 6 repetitions.

3. Side/Side - tilt head down to left; lift up from corner of jaw, repeat to right for 3 to 6 repetitions.
4. Full circles – both directions.

**Shoulders**

1. Roll both shoulders - lift shoulders up towards ears, roll backward fully articulating the range of motion (ROM), drop them down as far as comfortable for 3 repetitions, then repeat by rolling forward for 3 reps.

2. Alternate shoulder rolls - roll left shoulder back as described above while pushing right shoulder forward then switch. Perform 3 times each.
Arm Swings

1. Left to right - Begin with the right arm. Keep it naturally straight and swing in a figure 8 from left to right for 3 to 6 repetitions.

2. Reverse the direction and swing from right to left. Switch arms and repeat.

3. Bottom to top - Begin with the right arm. Keep it naturally straight and swing in a figure 8 from bottom to top.

4. Front to back - Begin with the right arm. Keep it naturally straight and swing in a figure 8 from front to back.
Elbows

1. Left/Right - rotate elbows in a left to right figure 8 for 3 reps. Switch directions.
2. Top/Bottom - rotate elbow top to bottom in a vertical figure 8 for 3 reps. Switch directions.
Wrists

1. Hold both hands in loose fists, make circles clockwise and counter clockwise with wrists. 3 reps in each direction.

2. Begin with left wrist, hold in fist as above, lift wrist up, to the outside, down, to the inside, reverse direction and repeat with right wrist.
Fingers

1. Begin circling fingers with thumb 5 times, and then continue with each additional finger.

2. Circle fingers from pinky to thumb in the opposite direction

Chest

1. Without moving your pelvis, slide your thoracic cavity, left to right 3 times each direction.

2. Forward/backward – inhale as you lift the chest up at a 45 degree angle, and then exhale as you move backwards. 3 times each.
3. Make full circles with your chest: left, right, front, back, then reverse direction.

Hips/Pelvis

1. Circle hips clockwise and counter-clockwise 3 times in each direction.
2. Tilt pelvis forward, backward, left, and then right.

3. Put all 4 pelvic tilts into a continuous flow.
4. Use the hip to lift the leg straight upwards.

Spine

1. Keep the spine straight and fold forward at the hips, then rotate around to the left and back to center, then forward and around to the right.

2. Keep the spine straight and fold backward at the hips, then rotate around to the left and back to center, then forward and around to the right.
Knees

1. Massage both knee caps in a circular manner – both directions.
2. Palm knee caps and rotate knees to the left and to the right 3 to 5 times.

3. Lift one leg up in front so the thigh is parallel to the ground. Extend the lower leg to approximately a 45 degree angle and rotate the lower leg in both directions.
4. Repeat with the other leg.

5. Lift one leg up to the side. Extend the lower leg to approximately a 45 degree angle and rotate the lower leg in both directions.
Ankles

1. Stand on one leg holding the other about 6 inches off the ground.

2. Extend the foot forward as far as possible, then flex back as far as possible. Do this 3 to 5 times each.

3. Next, turn ankle inwards towards centerline, then outwards 3-5 times.

4. Now put all of them together and circle the joint in both directions 3-5 times each. Switch legs.
Leg Swings

1. Balance on one leg and begin to slowly swing the leg back and forth. As you become comfortable, begin to swing the leg higher and higher. Repeat 10 times per leg.