

2. Stability and Mobility Plan

- These are general exercises, if you've been given specific advice by a physio etc then follow that
- If it hurts, stop!

A: Mobility warm up (pre run or strength and conditioning work out)

- **Watch on You Tube** - I take you through all the exercises here – <https://youtu.be/wRFU2SA37Uc>
- (NB you should be able to do the exercises along with me but if you need a bit longer on some exercises then be ready to hit pause)
- Aim to slowly build range of motion (ROM), don't force it, nothing should hurt, don't bounce
- There's no magic number for the 'right' number of reps, everyone is different and each person will vary week by week, left side by right side. Try for 5 -10 reps for each (each direction, each leg). If something feels tight do a few more, if it feels fine, move on.
- Something is always better than nothing
- New exercises for month 2 **highlighted**.

Where we're working	Time on video	Exercise (these are just reminders, see video for more detailed instructions)
Hips	0	Open and close the gate – standing tall, take knee out in front, out to the side, touch toe down, knee back up at the side, and back to the middle. Try and keep standing hip still.
Quads	1.20	Couch stretch – one knee kneeling (cushion under the knee), back foot resting on chair/ couch behind you (watch the video if that doesn't make sense!). Draw up at the front, gently squeeze glute forwards (don't arch lower back). If quads tight, take knee further away from the couch (or support at the back), build up to getting knee closer to couch.
Hips	3.02	Kneeling hip flexor/ Neutral Pelvis engagement – Kneel with one knee on the floor. Imagine your pelvis as a bowl of water. You're probably slightly tipping water out the front. Draw up the front so waist band is level/ you're not tipping water out the front, feel the stretch at the front of the hip (of the knee that's on the floor) and glutes and core gently engage.
Hips	3.26	Lizard circles – start in a plank, step one foot forwards to outside of hand, draw up at the front (tuck tail bone under, belly button up towards nose), then make circles in both direction with belly button. Swap sides. OR (this is easier outside, pre run) * Pre run bench hip mobility – stand with foot on bench, other leg further back, neutral pelvis, draw up at the front (tuck tail bone under, belly button up towards nose) as you gently push forwards to feel a stretch at the front of the hip. Then make circles in both direction with belly button. Swap sides.
...and chest		...and chest openers – once you're happy with the lizard circles, add in some chest openers. In the lizard position take 1 arm up to the sky (it's easiest to do the same arm as the bent leg). Imagine you have something written on your front, show it to someone standing at the side.
Adductors (inside of legs)	4.00	Side lunges – Stand with feet fairly far apart, drop weight to one side so knee bends on one side and feel stretch down inside of straight leg. Ensure on the bent knee side the knee is over the heel (think hips back, not knee forwards), don't let knee collapse in. Try to get a little bit lower and hips a bit further back on each one but don't force it.

Full body (especially hips and glutes)	5.07	<p>Lunges (either on the spot, holding onto something as needed, only stepping forwards/backwards if you've got good control)</p> <p>Step into a lunge position, drop down so knee is over the heel, not the toe at the front (make a square, not a triangle, at the front). Keep upright (imagine helium balloon pulling up back of your head). Think about keeping the pelvis in a neutral position rather than arching the lower back, gently squeeze the glutes forwards. Use glute muscles to stop knee collapsing inwards</p>
Ankles	/	<p>* Swing your pants – either standing straight or leaning against something, circle the knees around to loosen the ankles (single leg, both together, which ever you prefer)</p>
Glutes	/	<p>* Pre run 1 leg glute engagement (you can leave this if doing S&C, you've got plenty of glute work to come) – stand on one leg, hug other knee up to chest to feel glute engage, try taking out to the side for deeper engagement. Hold for 30 secs each leg.</p>

* These exercises from month 1 aren't on the video but add in pre run/ if you find them useful pre S&C

B: Main set

- **Watch on You Tube** - I take you through all the exercises here – <https://youtu.be/wwqR1r8FwT8> (NB you'll need to press pause as you go so you do the right number of reps for you).
- Reps: The first time you do the work out, make sure you don't over do it. Aim for about 6/10 level of effort by the end. After that, and if everything feels ok the next day, you're either going for 'AMRAP' = as many reps as possible (within reason, you still need to be able to walk at the end!) or until you get to about 7/10 level of effort.
- Keep track of time /reps on each. Over time these should be increasing (e.g. 1-2 reps per workout but will vary a lot). Sometimes your body will be more tired and you can't increase, that's fine, listen to your body.
- Be aware of a weaker side and start on this side each time, then do the stronger side, then repeat a few more reps on the weaker side.
- Sets and frequency: Aim to do twice through, a few times per week if possible. This is a minimum, if you're used to doing more then do more!
- As always, something is better than nothing. There's no kit to set up for these so even if you only have 5 mins, you can get something useful done. If not doing the full plan remember what you've done and do the others the next time. Aim for a mix of all muscle groups each time.
- Neutral pelvis cues: Imagine your pelvis as a bowl of water, make sure you're not tipping water out the front. Don't overly arch your lower back. Tuck the tail bone under.

(PTO)

Where we're working	Time on video	Exercise (these are just reminders, see video for more detailed instructions)	Watch out for	How many
		Round 1		
Core	0.30	<p>Plank - only progress from month 1 if comfortable with 1 min on Deadbugs</p> <p>Elbows on floor, straight line from shoulders to heels. Engage core.</p> <p>Regress: knees on floor</p> <p>Progress: hands on floor, straight arm</p>	<p>Keep neutral pelvis, don't arch back.</p> <p>Stop if back hurts – re-engage core, try again. If still hurts then stop.</p>	As long as possible
Glutes	1.52	<p>Single leg glute bridge hold - only progress from month 1 if comfortable on 1 min on 2 leg hold.</p> <p>Lie on back, feet on the floor hip width apart. Touch fingers to heels to make sure they're not too far away.</p> <p>From glute bridge, straighten one leg, keep hips level.</p> <p>Progress: cross arms so not using elbows for balance</p>	<p>Make sure it's your glutes doing the main work (if feeling more in hamstrings check feet aren't too far away).</p> <p>Don't let hips drop / arch your back.</p> <p>Don't let one side do all the work.</p>	As long as possible
Calves	3.40	<p>Calf raise – stand on 1 leg on step, drop heel down and then raise up.</p>	<p>Full range of motion on each rep, don't stop at horizontal foot but go right up onto toes.</p> <p>Don't let foot roll out.</p> <p>Sloooow and controlled.</p>	AMRAP
		Round 2		
Core	4.25	<p>Side Plank lowers – lie on your side, elbow on the floor and push hips up so there's a straight line from your shoulder to feet on the floor.</p> <p>Regress: knees on floor</p> <p>Progress: hand on floor, straight arm</p>	<p>Stop if shoulder or back hurts – re-engage core, try again. If still hurts then regress/ stop.</p>	AMRAP
Glutes	5.18	<p>Banded glutes – band round knees</p> <p>Elvis legs (5.50) – open out knees, visualise opening a book from your 'line dancing' glutes, not just opening legs apart.</p> <p>Cowboy walk / Wet pants walking (6.30) – walk – 'open the book', walk forwards/ back pushing knees out.</p> <p>Crab walk (7.12) - 'open the book', walk sideways, pushing knees out *</p>	<p>Don't let other muscles get involved (hands on hips as if line dancing - fingers facing forwards, thumbs down, your thumbs should be on your glute med, the muscles we want to work).</p> <p>Focus on 'opening the book' from the line dancing glutes.</p> <p>Don't let knees collapse.</p> <p>Check both sides working equally.</p>	Up to 7/10 level of effort

Calves	7.50	Calf raise – as above but keep your knee bent.	As above, plus don't straighten your knee as you push up. Imagine I'm standing behind you with my hands on your shoulders, don't bang into my hands as you come up.	AMRAP
		Then repeat (so all of round 1 and round 2 again).		

* you might find if you go to 7/10 on one side, when you swap directions you can feel the side you just worked more than the one you're trying to work. So it might be best to go to about 5/10, swap sides, and then repeat, especially if you find you have one side that you struggle to engage.

Bands: [These are the bands I use](#) (also [available on Amazon](#)). I find the red (medium) ones are best for most people. I'd advise getting at least 2.

More on the importance of mobility work and a neutral pelvis here -

<https://www.feelfitwithlucy.co.uk/post/why-mobility-work-could-make-all-the-difference>