

The 7:30 Mobility Maker



**Eleven Simple Exercises. Seven and a Half Minutes (or Less).
Have a Better Feeling and Moving Day.**

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Welcome to the 7:30 Mobility Maker!

Thanks for downloading it, and even more importantly, opening and reading it! That's a couple of big steps in your moving better, with less pain, in just a few minutes a day.

So, first of all, I'm Isaac Wilkins. I own [Relentless Strength Training](#), here in Bangor, ME, where I'm lucky enough to work with everyone from competitive Middle and High School athletes on to Senior Citizens.

You know what? All of them want to be able to move well and without pain.

The issue is, as we move through adulthood, most of us tend to have jobs that'll get us moving less, sitting more, and basically not doing a ton of "athletic" things. Even if we join a gym, lift weights, do some cardio, and all that good stuff... most of us don't really address **movement**.

And, as with most things, if you don't practice it... it goes away.

Before long, the aches and pains start creeping in when you wake up in the morning. You just feel stiff and sore more often than not. Little tweaks start happening in your neck, back, or hip.

The vast majority of these are because of a lack of mobility.

It happens to me.

It happens to my clients.

And if it's happening to you, then that's why I'm sharing this simple, brief, but focused program that'll address all of your major joints and movements. Plus, it can be done in the comfort of your home, office, or hotel room without working up a big sweat or having to get into weird, awkward poses.

Let's get started!

The 7:30 Mobility Maker Program

Simply perform the following exercises for the reps indicated, and in the order indicated. While there's no “wrong” way to do this program (you'll benefit from all of it), you'll find that there's a certain flow and order to the way it's set up. As you move from the top of your body down, you'll loosen up certain areas that'll help you get deeper and better movement for the other exercises.

While I wrote it up for about seven and a half minutes, you'll find that once you get really used to the movements it'll probably be a bit closer to five. At that point you can either do it fairly quickly if you're in a rush, or I'd invite you to take a little longer in the movements, do a few extra reps of certain ones that you feel like you need, or just smooth it out a bit. Mobility is more about quality of movement than the strict speed or quantity of it.

Also, you may find that certain movements are very easy for you where as others are either going to take some practice or are beyond your current scope. That's totally fine. Work with the ones that you have nailed down and ease your way into the more difficult ones. Again, the key with mobility work is that the quality is great and that you feel good and loosened up, not simply a rush through, check-the-box approach.

Also remember that this is a program to help you mobilize and warm-up. THIS ISN'T AN EXERCISE ROUTINE. So slow it down, breathe nice and deeply, and let your body flow as much as possible.

Exercises

[4-Way Neck Stretch](#) – 5 seconds each way

[Wrist Mobility](#) – 5 seconds each way

[Wall Slides](#) – 10 reps

[Primal Squat](#) – 30 seconds

[Pigeon Pose](#) – 30 seconds/side

[Hip Swivels](#) – 8 each way

[Fire Hydrants](#) – 8 each way, each leg

[Push-up Walkouts to T](#) – 3 reps to each side

[Bird Dogs](#) – 3 3 second hold each side

[Bridges](#) – 5 reps with 3-second hold

[Rollbacks](#) – 5 reps

On the following pages are more detailed descriptions of each exercise with pictures, cues, and another link to the videos!

4-Way Neck

(Stretch for 5 seconds each direction)

The 4-Way Neck Stretch is a simple, great way to get everything going. In today's day and age of stress, computer work, driving, and looking at smartphone screens, it's easy to tighten up in the upper back and lose mobility in your neck! If your upper back and neck are tight, pretty much all of the rest of your body is going to be, too.



Cues:

1. Keep your arms and body relaxed. This is a simple, loosening stretch.
2. Allow the head to drift to the four directions: Forward, Backward, Left, and Right.
3. Take a deep breath in at each position, hold it for about a second, and then slowly let it out as you relax into a deeper stretch.
4. Rest at each position for about five seconds.



[Watch the Video Here!](#)

Wrist Mobility

(5 seconds stretch each way, each wrist)

Cues:

1. Reach one arm forward and gently pull down on your hand to stretch the back of your wrist and forearm. Hold for five seconds.
2. Keeping your arm in the same place, reverse the direction of the pull and pull your palm back, stretching the underside of the wrist and forearm. Hold for five seconds.
3. Do not overstretch the wrists. Just a gentle pressure is all you need.
4. To level up this stretch, stretch each individual finger back towards your body for a 3-5 second hold.



[Watch the Video Here!](#)

Wall Slides

(10 reps)



Cues:

1. Maintain contact with the wall with your butt, upper back, and head.
2. Keep the elbows, hands, and ideally your wrists flat against the wall, as well.
3. Slowly work the hands up the wall, maintaining contact, at a nice, smooth pace until your arms are extended.
4. Bring the elbows back down as low as you can go towards your feet while maintaining wall contact.
5. DON'T excessively arch your back!



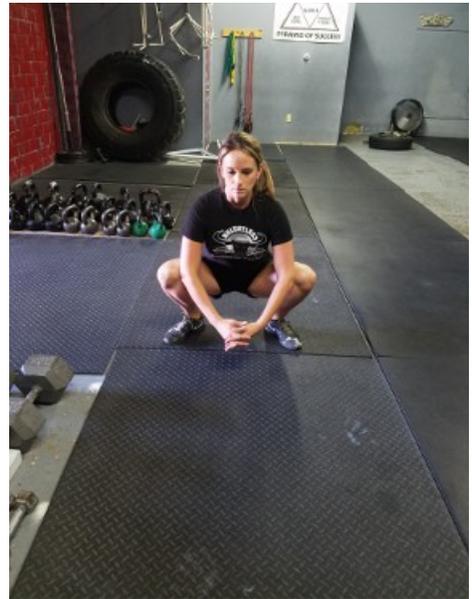
[Watch the Video Here!](#)

Primal Squat

(30 seconds)

Cues:

1. Descend to the squat position keeping your knees out over your feet, not buckled in.
2. Keep the chest high and don't let the back sag.
3. Keep your heels on the ground.
4. If this position is hard for you to maintain, it's fine to hold onto something for balance and support.
5. Level up this stretch by carefully leaning and rotating your hips in different directions, finding tight angles.



[Watch the Video Here!](#)

Pigeon Pose

(30 seconds/side)



Cues:

1. Keep a nice, flat back with your chest up.
2. Sink “back” into the stretch and let the stretching hip/butt area relax into a stretch.
3. Just gently stretch, don't try to overstretch this area.
4. Bring your stretching leg's foot forward as perpendicular to your body as possible. If you feel any pain in the knee, then bring the heel closer to the center of your body.



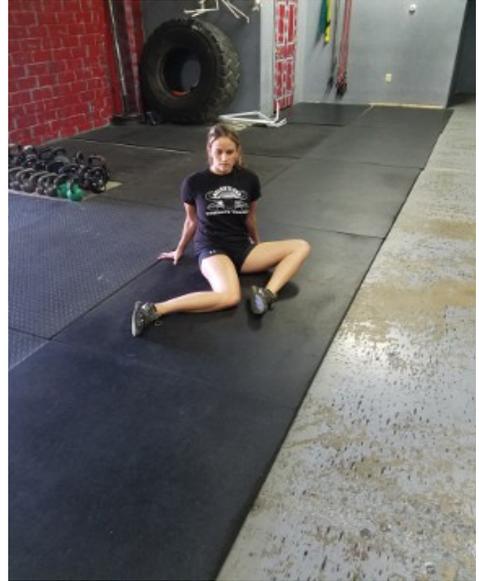
[Watch the Video Here!](#)

Hip Swivels

(8 each way)

Cues:

1. Try to maintain a fairly upright torso and upward chest.
2. If you need more support or are having a hard time, mobility-wise, take pressure off by leaning back and using your arms for support.
3. Gently try to touch the inside/outside of each knee to the floor.



[Watch the Video Here!](#)

Fire Hydrants

(8 each way, each leg)



Cues:

1. Maintain a neutral spine, don't sag or lift your shoulders.
2. Rotate your knee up and around in a circle, like a dog doing what they do on fire hydrants.
3. Complete a full circle with your hip and come back the other way.
4. Don't let your hips shift up and down to cheat the motion.



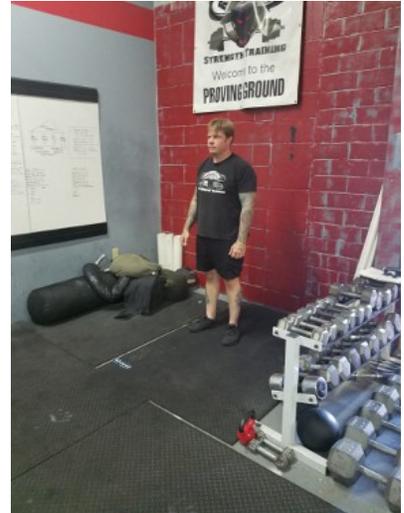
[Watch the Video Here!](#)

Push-up Walkouts to T

(3 reps to each side)

Cues:

1. Start standing. While keeping the legs as straight as possible, reach for the floor and walk your hands out to the push-up position.
2. Perform a push-up, rotating up the the T position at the top and look through your hand at the ceiling.
3. Return to the push-up position and walk your hands back to standing. Your feet shouldn't move.
4. If the push-up itself is too challenging, then go to your knees to perform it then return to the classic push-up position for the T.



[Watch the Video Here!](#)

Bird Dogs

(Three, 3-second holds each side)



Cues:

1. Maintain a neutral spine. Don't let your lower back sag.
2. Push your hand as far forward as you can.
3. Push your opposite heel as far back as you can.
4. Maintain a strong, tight core throughout the hold.



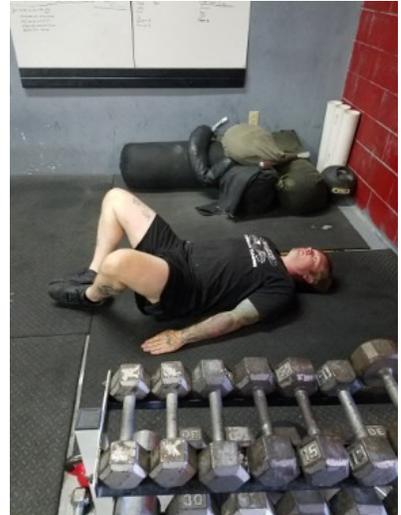
[Watch the Video Here!](#)

Bridges

(5 reps, 3-second hold at the top of each rep)

Cues:

1. Lay flat on your back and “stack” the inside of your feet together.
2. Press through your heels and push your hips as high as they can go.
3. Your knees will want to buckle in, actively force them out to keep that from happening and to activate your glutes more.
4. Hold that position at the top, flexing your glutes and hamstrings.



[Watch the Video Here!](#)

Rollbacks

(5 reps)

Cues:

1. Start in a tucked ball position, looking forward.
2. Roll back onto your shoulders. Be careful not to get high enough to compress your neck.
3. As you roll forward, open the legs and allow them to land on the wide side for a stretch.
4. Take care until you're comfortable with this movement. This isn't a time to be ballistic until you have a sense of what your mobility is capable of.



[Watch the Video Here!](#)

About Isaac

I'm a Performance Coach/strength nerd, writer, dog dad, lifter, reader, business owner, and the kind of guy that loves a good, hoppy beer and thinks he's way funnier than his girlfriend does. She's probably right, but I'll still keep on making myself laugh.

I've run the gamut of training circles from the collegiate ranks and Olympic hopefuls to 99 year-old stroke rehab clients and learned something great from every one of them. Along the way I fell in love with training youth athletes and smart adults who want that high-performance edge but probably don't have unlimited time.

My research and writing is pretty broad in topic but centers on training the mind, habit formation, nutrition intervention, and developing a backbone of strength to launch other physical abilities from.

Interested in more great information from myself and the Relentless Team on Fitness, Nutrition, Movement, and Mindset while also being able to share the journey with others just like you? [Check out our FREE Facebook Group.](#) [Becoming Relentless here!](#)

For more information about [Relentless Strength Training](#), simply click the link.

To contact me directly, just drop an email to isaac@relentlessstrengthtraining.com



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