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# HEALTH BY SCIENCE

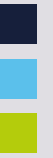


**Road From Common  
To Epic Quality  
Movement**

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# Introduction

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# *Why do we value **mobility** highly at Health by Science?*

Mobility and flexibility are essential for reducing the risk of injuries, improving performance, and maintaining healthy joints.

When your muscles and joints are mobile and flexible, they can move through their full range of motion without restriction. This not only helps you stay injury free but allows you to move more efficiently and with a greater range of motion.

By improving your mobility and flexibility, you can reduce your risk of aches, pains, and general stiffness.

Mobility and flexibility are two important aspects of overall health. Here are some tips for maintaining healthy mobility and flexibility throughout life:

1. **Practice mobility exercises regularly.** One of the best ways to maintain healthy mobility and flexibility is by practicing mobility exercises regularly. Mobility exercises not only help to keep your muscles flexible but also help to improve joint mobility.
2. **Practice progressive resistance training.** Resistance training is another key to maintaining healthy and mobility and flexibility. Regular strength training helps to keep your muscle strong and supple, which in turn helps to improve mobility and flexibility.
3. **Avoiding injury.** Finally, it's important to avoid injuries, as these can set you back in your quest for healthy mobility and flexibility. Be sure to warm up before any physical activity, and listen to your body if it's telling you to take a break.





# 2

## Initial Assessment

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# How to test yourself?



On your first day, we would like you to do a series of tests targeted to determine your current level of mobility.

Don't skip this step as it is immensely important to know where you are starting from.

To make this even more impactful we suggest you to take a video of yourself doing the initial assessment. That way you will always have a reference point to always go back when assessing your progress.

Over the next few pages we will go over how to perform each test and also offer you a reference points to assess your level.

There is no need to retest yourself before every session. We suggest that you test and video yourself before first session and then again around every 4 weeks.





# Standing Toe Touch

## How to perform:

- Stand with your feet hip width apart.
- Reach towards your toes by shifting your hips back.
- Try and get as close to your toes as you can.

## Signs your body might be a stiff:

- Knees bending
- Excessive pulling discomfort behind your knees
- Excessive curvature in your spine and/or rounded shoulders
- For a video follow the [link](#) or scan the QR code.



## Health by Science Mobility Levels



**COMMON**



**RARE**



**EPIC**





# Supine Leg lift

## How to perform:

- Start by laying flat on your back.
- Tighten your midsection by squeezing your abdominals.
- Lift your leg off the floor as high up as possible without your knee bending.
- For a video follow the [link](#) or scan the QR code.



## Signs your body might be a stiff:

- Knee of the travelling leg bending
- Head, shoulders and/or lower back coming off the ground
- Resting leg coming off the ground

## Health by Science Mobility Levels



**COMMON**

**RARE**

**EPIC**







# Bodyweight Squat

## How to perform:

- Stand with your feet hip width apart.
- Stretch your arms out in front of you to help you balance but make sure that your shoulders are pulled back and your chest is up.
- Lower down as low as you can in a controlled manner and pause at the bottom.
- For a video follow the [link](#) or scan the QR code.



## Signs your body might be a stiff:

- Shoulders and upper back rounding
- Excessive curvature of lumbar spine (butt sticking out or caving in)
- Heels coming off the ground
- Hip crease above the knee

## Health by Science Mobility Levels



**COMMON**



**RARE**



**EPIC**





# Overhead Reach

## How to perform:

- Lie down on your back.
- Bring your lower back in contact with the ground by squeezing your abdominals.
- Bring your arms into overhead position.

## Signs your body might be a stiff:

- Unable to bring arms all the way overhead
- Lower back coming off the ground
- Head and/or shoulders coming off the ground
- For a video follow the [link](#) here or scan the QR code.



## Health by Science Mobility Levels



**COMMON**



**RARE**



**EPIC**





# Internal & External Shoulder Rotation

## How to perform:

- To test your right shoulder mobility, stand up and raise your left arm straight above your head.
- Bend your left elbow and put your left palm on the back of your neck then slide it down between your shoulder blades.
- Take your right hand and reach behind yourself so that your right palm rests on the middle of your back.
- Reach down with your left hand while reaching up with your right. Try to bring the fingers of both hands together.
- For a video follow the [link](#) or scan the QR code.



## Signs your body might be a stiff:

- Not able to touch your fingers together
- Not able to bring one arm behind your back and in between your shoulder blades
- Not able to bring one arm overhead and in between your shoulder blades

## Health by Science Mobility Levels



**COMMON**



**RARE**



**EPIC**





# Thoracic Rotation

## How to perform:

- Get into a kneeling position and place a yoga block, a book, or a thick towel between your knees.
- Sit down onto your heels and push your thighs into the yoga block or whatever you chose so you are creating a squeeze inward.
- Place your right hand on your left shoulder and your left hand on your right shoulder (going underneath your right arm).
- Rotate to your right side as far as you can go. Then slowly return to the center. Do this a couple times more, as you should be able to go further each rep.
- Next, switch your sides - with your right hand going underneath your left arm. Rotate to your left side.
- For a video follow the [link](#) or scan the QR code.



## Health by Science Mobility Levels



**COMMON**



**RARE**



**EPIC**





# 3

## **Before You Start The Road To Epic Mobility Levels**

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# *Get the most out of the programme*



## **Instructions and Demo Videos**

Please do take your time to read through the "How to perform" section of each exercise and watch the demo videos so that you can perform each exercise with good form. Full workout follow-along videos are also available.

## **Programme Structure**

During your first 4 weeks the programme is split into two separate workouts consisting of 6 exercises each. This is to allow you to build up your mobility overtime, but also helps you to get into the groove as the workouts are a bit shorter.

Weeks 5-8 you will combine all 12 exercises into a single workout to help add a bit more volume to your mobility which will allow further improvements in your mobility. However, if you'd prefer to keep the workouts on a shorter side feel free to keep doing the split workouts.

## **Aim to Perform This Programme Regularly**

This is the most important part. We suggest you follow this program at least every other day. You can use it as a part of your warm up routine before your strength sessions to loosen up your body or as a standalone routine.

## **Repetitions**

Our programme allows for flexibility here. Your main aim should be to perform 10 repetitions of each exercise with control through the full range of motion.

However, if you feel like you can only do this for 5 repetitions, that's ok! You can always start with 5 great quality repetitions and build up to 10 over the next few weeks.



# Get the most out of the programme



## Feeling Pain or Discomfort?

You are very likely to encounter a bit of discomfort when you decide to improve your mobility and flexibility, that's normal. Feeling pain on the other hand could be a sign that your body is not ready for a particular movement. Try and switch to one of our less demanding variations in the Exercise Guide.

## Take Your Time

As tempting as it can be to rush through the program to get it over and done with, please don't. You'll benefit much more if you perform each exercise in a controlled manner focusing on how your body feels. We encourage you to take deep breaths throughout the movements to the most out of this program. Even if you are short on time, we would much prefer you to half the repetitions but still perform each one with quality in mind.

## Checkout, Print, and Use Our Exercise Tracking Sheet

The tracking sheet is a great resource that will allow you not only to track the number of repetitions, but also take notes on each exercise.

It is highly likely that you'll feel like an exercise is easier on one side of your body than the other, you can use the "personal notes" column of our tracking sheet to make a note of that. Being able to see your progress has an immense value and that's exactly why we decided to include this resource. You can find the tracking sheet in the next section.

*That's all we would like you to know before starting our mobility project. Go ahead, explore the program, and improve your mobility.*

**GOOD LUCK! - Team HBS**





# 4

## Mobility Project Programme

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# THE MOBILITY PROJECT EXERCISE TRACKING SHEET WEEK 1-4

<b>WORKOUT 1 FOLLOW-ALONG VIDEO LINK</b>	<b>DIFFICULTY LEVEL (1=easy, 2=do-able, 3=challenging, 4=impossible)</b>	<b>PERSONAL NOTES</b>
<b>90-90 Reach</b>		
<b>Bridge &amp; Reach</b>		
<b>Pidgeon + Thread The Needle</b>		
<b>Lateral Squat</b>		
<b>Spinal Wave</b>		
<b>Rolling Side Plank</b>		
<b>WORKOUT 2 FOLLOW-ALONG VIDEO LINK</b>	<b>DIFFICULTY LEVEL (1=easy, 2=do-able, 3=challenging, 4=impossible)</b>	<b>PERSONAL NOTES</b>
<b>Tripod Reach</b>		
<b>Single Leg Deadlift</b>		
<b>Scorpion + Thoracic Rotation</b>		
<b>Deep Squat Hold</b>		
<b>QL Wall Stretch</b>		
<b>Pendulum Watch</b>		



# THE MOBILITY PROJECT EXERCISE TRACKING SHEET WEEK 5-8

WORKOUT	DIFFICULTY LEVEL (1=easy, 2=do-able, 3=challenging, 4=impossible)	PERSONAL NOTES
90-90 Reach		
Bridge & Reach		
Pidgeon + Thread The Needle		
Lateral Squat		
Spinal Wave		
Rolling Side Plank		
Tripod Reach		
Single Leg Deadlift		
Scorpion + Thoracic Rotation		
Deep Squat Hold		
QL Wall Stretch		
Pendulum Watch		

# 90-90 Reach

## How to perform:

- Sit on the floor and bend one leg in front of your body with your hip rotated out. Position it so your lower leg and knee are resting on the ground. Your leg should form a 90-degree angle, and your ankle should be neutral so your foot is pointing straight.
- Position your other leg beside you with your hip rotated inward and your shin and ankle on the ground. Bend your knee so your leg forms a 90-degree angle. Your back knee should be in line with your hip, and your ankle should be neutral.
- Reach towards the floor with your arm. Your aim is to touch your forearm down.
- Sit up and bring your reaching arm around your body rotating your torso to look behind you.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



***Struggling to reach all the way to the ground?***

***You can place a chair, a pillow or a box in front of you to adjust the depth of your reach***

# Bridge & Reach

## How to perform:

- Start seated on the ground, resting on your arms in the bridge/crab walk position, with your palms flat on the ground and hands pointed back and slightly out.
- Squeeze your glutes to lift your hips up off ground.
- As your rise up, reach one hand over the opposite shoulder, twisting at the torso.
- Pause, squeezing your core and glutes to stay solid (avoid arching your back), then return to starting position.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



# Pidgeon Thread The Needle

## How to perform:

- Start by sitting on the floor.
- Stretch the left leg behind you while bringing your right leg in front of you with your knee bent.
- Try and align your right ankle with your left knee.
- Take your right arm and reach through the space between your left hand and right ankle. Aim to touch your right shoulder all the way to the floor.
- Bring your right arm back and rotate your torso around aiming to look behind you.
- Repeat on the other side.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



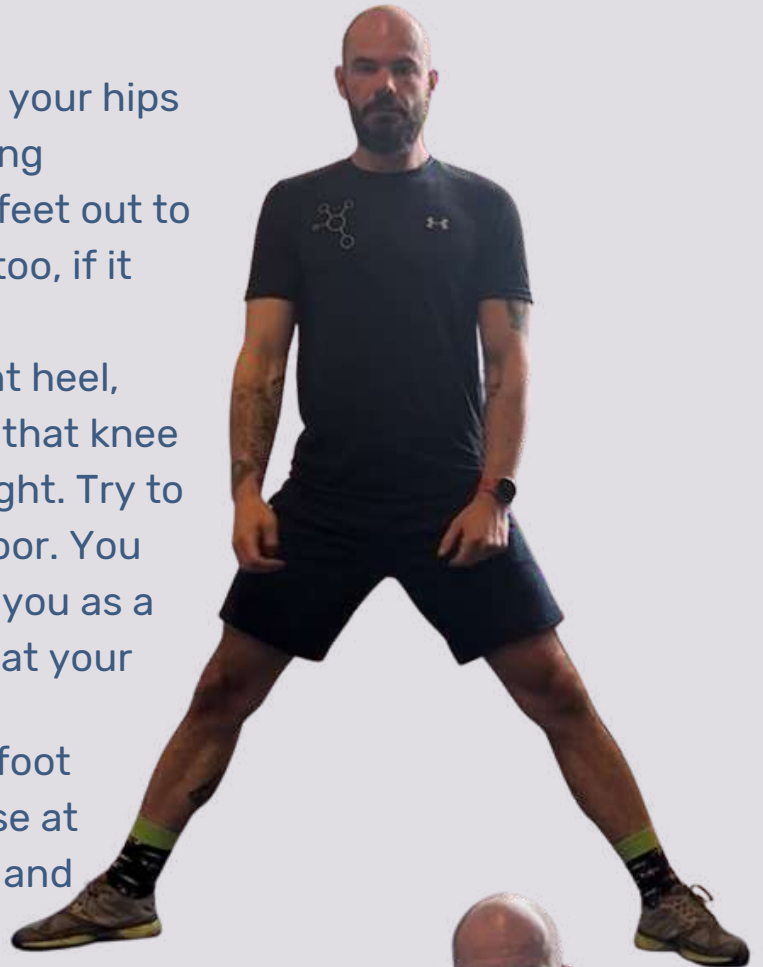
***Struggling to touch your shoulder to the ground?***

***That's alright. Lower your shoulder down as low as you can. Then pause for a moment and take 2 deep breaths. Afterwards carry on with your repetition.***

# Lateral Squat

## How to perform:

- Start with your feet wider than your hips and your knees and toes pointing forward. (Slightly turning your feet out to 11 o'clock and 1 o'clock is okay too, if it feels more comfortable).
- Shift your weight into your right heel, push your hips back, and bend that knee while leaving your left leg straight. Try to get your thigh parallel to the floor. You can bring your arms in front of you as a counter balance or clasp them at your chest.
- Then, drive through your right foot to reverse the movement. Pause at the top to squeeze your glutes and stretch the front of your hips forward. That's one rep.
- Repeat on the other side.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



## *Struggling to keep yourself balanced?*

*You can use a chair or even a door frame to hold onto and help support yourself throughout the movement.*

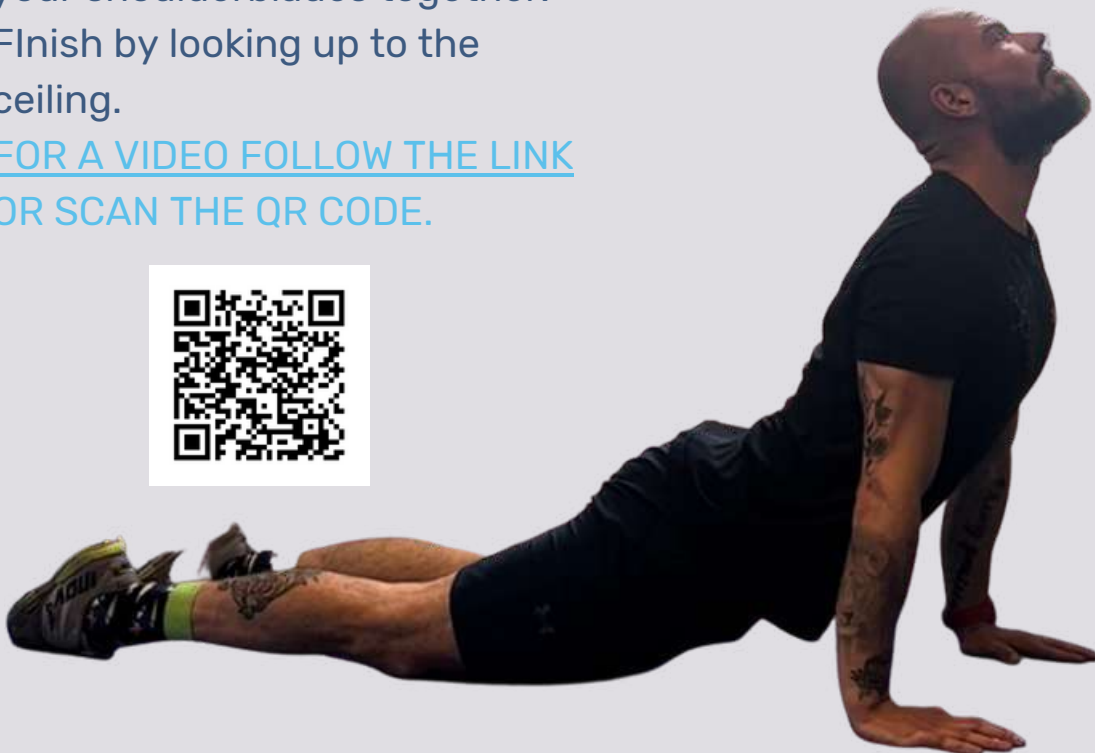




# Spinal Wave

## How to perform:

- Start in child's pose with your arms outstretched in front of you and your chin tucked in.
- Start lifting your hips up while keeping the pelvis tucked under by squeezing your glutes.
- Continue moving forward while keeping your back curled up and pelvis tucked under.
- Once your shoulder are in front of your wrists start dropping your hips slowly towards the ground.
- Bring your chest up and open up your shoulders by squeezing your shoulderblades together.
- Finish by looking up to the ceiling.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



# Rolling Side Plank

## How to perform:

- Start in a side plank position but with your knees on the floor, use your forearm for support. Brace your core by contracting your abdominals. Maintain this contraction.
- Now roll to your top shoulder towards the floor rotating through your core. Then roll back to the original side plank position you started from. Perform all repetitions in a controlled manner.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



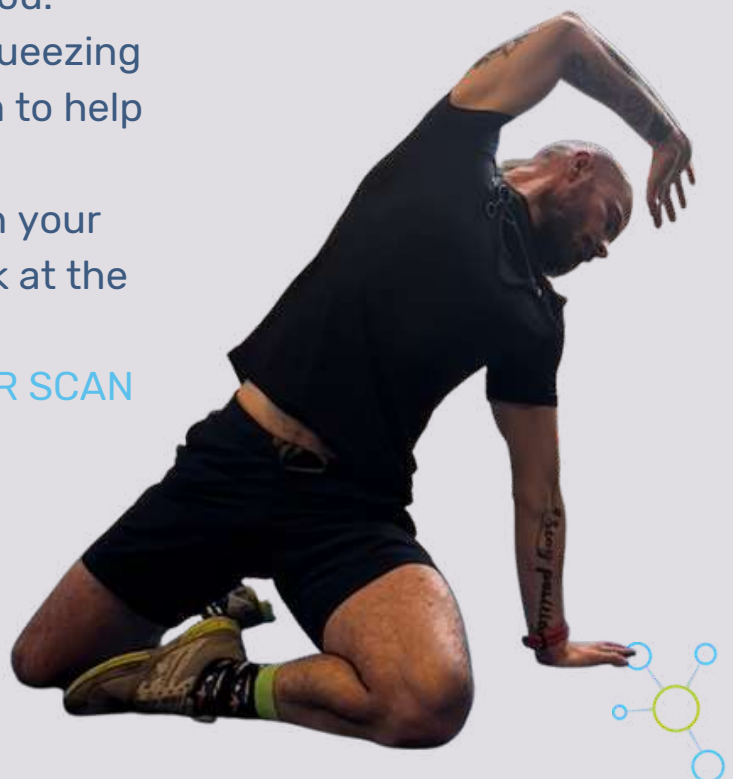
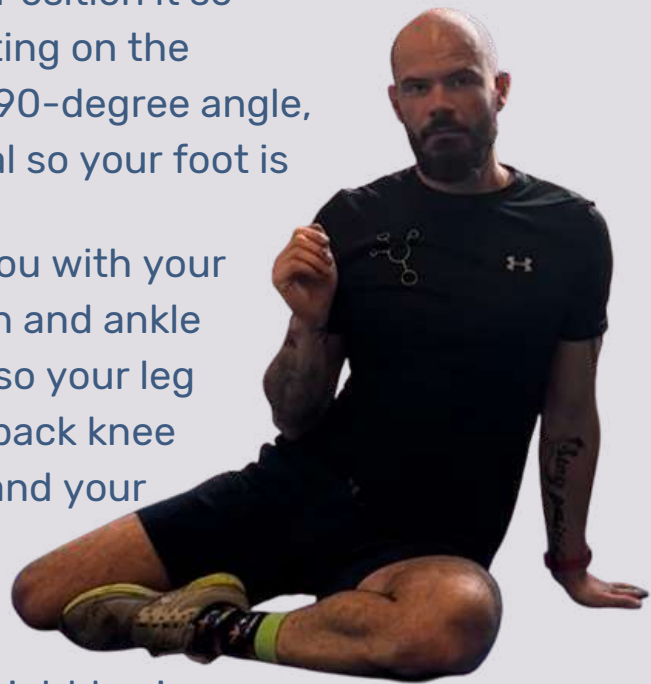




# Tripod Reach

## How to perform:

- Sit on the floor and bend one leg in front of your body with your hip rotated out. Position it so your lower leg and knee are resting on the ground. Your leg should form a 90-degree angle, and your ankle should be neutral so your foot is pointing straight.
- Position your other leg beside you with your hip rotated inward and your shin and ankle on the ground. Bend your knee so your leg forms a 90-degree angle. Your back knee should be in line with your hip, and your ankle should be neutral.
- Take your left arm, if you have your left leg in front of you, or your right arm if you have your right leg in front of you, and place it behind you.
- Raise your hips off the floor by squeezing your glutes. You can use your arm to help and give yourself a bit of a push.
- Once your hips are up reach with your other arm over your head and look at the hand that's on the floor.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



# Single Dead Lift

## How to perform:

- Stand with your feet shoulder-width apart and knees slightly bent and raise one leg off the floor. Flex the knee on your standing/support leg about 15-20% to activate the glutes.
- Without changing the bend in your knee, keep your back naturally arched, bend (hinge) at your hips, and lower your torso until it's almost parallel to the floor.
- Briefly pause at the bottom, then squeeze your glutes, thrust your hips forward, and raise your torso back to the starting position.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



### *Struggling to keep yourself balanced?*

*Our tip is to try and imagine that you're trying to grip the floor with your toes - this will help your body to support itself. Don't grip with 100% effort to avoid your foot cramping. Alternatively you can use a broom handle or a chair for extra support.*





# Scorpion + Thoracic Rotation

## How to perform:

- Lie facedown with your legs fully extended behind you and your arms stretched out to either side.
- Lift your right leg from the ground and bend your right knee to a roughly 90-degree angle. Reach your right foot across your left leg and try to touch the ground outside your left leg with your right toes.
- Your hips and lower back will rotate as you move, but your chest and shoulders should stay in place.
- Now take your right arm and reach with it over to the other side by rotating your shoulders and torso.
- Your whole right side of the body should now be off the floor.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



# Deep Squat Hold

## How to perform:

- Stand with feet shoulder-width apart, and feet turned out slightly for comfort. Engage the core and screw your feet into the floor.
- Raise the arms in front of the chest and slowly squat down, pushing the knees outwards, so they remain over the toes. Squat as low as you can without your spine strating to curve, and keep the arms in front for balance and stability.
- Hold this position for a count of 5, ensuring that you continue to breathe comfortably.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



***Struggling to reach hip "below the knee" depth?***

***That's alright, your squat depth will improve over time. However if you'd like a little extra help, try holding onto a door frame. Just remember to keep your chest up.***



# QL Wall Stretch

## How to perform:

- Start by standing next to a wall and cross your left foot over your right foot.
- Reach toward the wall by bending your torso towards the wall.
- Focus on top arm to take most of your weight.
- Take 3 deep breaths and then return to the starting position.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)



# Pendulum Squat

## How to perform:

- Start by standing upright with your feet hipwidth apart and your arms raised overhead.
- Reach towards the ground and between your legs by pushing your hips back to allow for a hamstring stretch.
- Bring your hips down into a squat position while swinging your arms overhead.
- Start bringing your hips back and up while your arms swing down to reach towards the ground.
- [FOR A VIDEO FOLLOW THE LINK OR SCAN THE QR CODE.](#)





5

# Level Up Your Mobility By Staying Consistent

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# Tips and Tricks to Help You Stay Consistent



Keeping mobile and being flexible is important to you. You understand that using our programme on a day to day basis helps you to do just that.

However, there will be days when you just don't feel like it be it due to muscle soreness, having an off day, or other commitments getting in the way. On those days it will be very tempting to press pause on our MOBILITY PROJECT and come back another day.

Being consistent though is crucial for you to keep making progress. That's why we would like to offer a few tips on how to work on your mobility even though you might be on a tight schedule or don't feel like it.

## **"ONE REPETITION AT A TIME"**

Although this is not an ideal scenario, it is perfect for days when you just don't feel like doing much. It is super fast and super simple - just do one repetition per exercise - that's only 12 repetitions!

## **"HALF THE REPS, HALF AMAZING"**

Pressed on time? Why not split up the routine into two "half sessions" and get one done in the morning and one in the evening? Now you get the amazing feeling for half the time and twice a day! This is also a suitable approach for anyone who is a total beginner when it comes to mobility and flexibility training.





# We Wish You Good Luck on Your Way to Epic Mobility Levels



We have developed this project to help people reclaim something they might have lost leading their busy lives. We are thankful for your business and we are always keen on hearing about your progress as well as any feedback you might have.

Please don't hesitate to reach out to  
us:

