

— FREE · PDF · NO FLUFF

The Pre-Lift Mobility Stack.

Four movements. Ten minutes. Run it before any lower body session — no extra session, no mat required. Just range that holds under load.

PRINCIPLE

*“Mobility is a **load** problem, not a length problem. Passive holds don’t deliver tolerance. **Loaded holds do.**”*

THE STACK

04 MOVES · ~10 MIN · IN ORDER

01

ANKLE · DORSIFLEXION UNDER TENSION

Ankle Dorsiflexion Wall Drill

CUE Heel flat. Drive the knee forward. Controlled rhythm — not a bounce.

DOSE

10 oscillatory reps

PER SIDE · 2 SETS

02

HIP CAPSULE · INTERNAL + EXTERNAL ROTATION

90/90 Hip Stretch with Active Transitions

CUE Explore the range actively before holding. Both sit bones toward the floor. No hands behind you for support.

DOSE

60 seconds

PER SIDE

03

HIP FLEXOR · LOADED WITH POSTERIOR PELVIC TILT

Kneeling Hip Flexor Stretch with PPT

CUE Posterior pelvic tilt first — squeeze the glute, tuck the tailbone. Then shift forward. Without the PPT you’re just compressing the lumbar spine.

DOSE

60 seconds

PER SIDE

04

THORACIC SPINE · SEGMENTAL EXTENSION

Thoracic Extension Over Foam Roller

CUE Roller at mid-back (T6–T8). Hands behind head, elbows up. Let the upper back drape over — don’t force it. Work segment by segment toward the upper thoracic.

DOSE

3 positions

3 BREATHS EACH