

Lifter Mobility Enhancement

This playbook outlines a series of exercises and stretches designed to improve mobility and flexibility for individuals who participate in strength training. It provides a structured approach to achieve greater range of motion and muscle suppleness.

Step 1: **Warm-Up**

Begin with a 5-10 minute cardiovascular warm-up such as light jogging, jumping jacks, or cycling to increase heart rate and warm up the muscles.

Step 2: **Dynamic Stretches**

Perform dynamic stretches which may include leg swings, arm circles, and bodyweight lunges. Focus on controlled, smooth motions to improve range of motion in the joints.

Step 3: **Myofascial Release**

Use foam rollers or massage balls for myofascial release to target tight muscles and improve tissue elasticity. Spend 1-2 minutes on each major muscle group.

Step 4: **Static Stretches**

After cooling down from the strength training session, engage in static stretches for each major muscle group. Hold each stretch for 15-30 seconds, aiming for a slight discomfort but not pain.

Step 5: **Consistency**

Consistently incorporate these mobility exercises and stretches into your routine, ideally before and after workouts, to see gradual improvements in flexibility and mobility.

General Notes

Safety First

Always listen to your body and avoid pushing into painful ranges of motion. Stretching should not be painful.

Hydration

Stay hydrated to help maintain muscle elasticity and recovery. Drink water before, during, and after your workouts.