

SAM DRUMMOND

6-WEEK PROGRAM

MOBILITY

RESILIENT BY DESIGN



MOBILITY FOR THE
BEAT-UP BODY



ABOUT

FIRSTLY

This is not health advice. Please consult a doctor before undertaking any exercise.

Now, onto the next page.

ABOUT

WHO IS THIS PROGRAM FOR?

Watch [this intro video](#) for a quick run-down of the program.

WHEN DO I COMPLETE IT?

The goal is for these exercises to open up movement options you may not already be exploring in your training, but that can then bleed in and supercharge your results.

This program can be completed at any time - it was simply created to be used as a supplement to your regular training.

Throw it in as part of your warm up, resilience work, or simply use it as session on it's own.

WHAT DOES THAT MEAN?

Because coaches need to abbreviate everything, here's a cheat sheet.

ea = each side

br = breath cycles (inhale and exhale is one cycle)

s = seconds

w/ = with

HOW MUCH REST DO I TAKE?

Don't overthink it. A significant portion of the exercises are low-intensity sensory drills. Simply take enough rest so that you can complete the next set at a high quality of execution.

WHAT HAPPENS AFTER 6 WEEKS?

Once you've run through the program, my hope is your body is humming along nicely.

You can now incorporate the exercises you found most helpful into your training, ongoing. Alternatively, feel free to start it again, repeat phases for longer, or jump in at any which point.

The world is your oyster. Shuck it.

WEEKS 1 & 2

DAY 1

Exercise	Sets	Reps	Comments
<u>Childs Pose w/ Deep Breathing</u>	2	5-6 br	Focus on expanding your back
<u>Segmented Cat-Cow</u>	2	5	
<u>Wall Banded Rotation</u>	2	8-10 ea	Can be completed without a band
<u>Arm Bar Roll</u>	3	8-10 ea	

DAY 2

Exercise	Sets	Reps	Comments
<u>Pelvic Tilts</u>	1	20	Inhale with anterior tilt, exhale with posterior tilt
<u>Push Up to Rockback</u>	3	8-10	Seamless reps
<u>Sidelying Scissor Slides</u>	2	12 ea	
<u>Kneeling Hip Lock</u>	2	6 ea	Try not to hike your working hip

DAY 3

Exercise	Sets	Reps	Comments
<u>Half-Kneeling Reach</u>	1	10-20	
<u>Wall Deadbug Hold</u>	2	5-6 br	
<u>Bear Crawl</u>	3	10 ea	10 steps forward, 10 backwards
<u>Copenhagen Cross Connect</u>	3	20-30s	

WEEKS 3 & 4

DAY 1

Exercise	Sets	Reps	Comments
<u>Half-Kneeling Rotation</u>	2	8-10 ea	Cable or band
<u>Arm Bar Roll</u>	2	8-10 ea	
<u>DB Pullover Hold</u>	3	20-30s	Try keep ribcage depressed
<u>Half-Kneeling Scoop Toss</u>	3	15 ea	Rhythm focus

DAY 2

Exercise	Sets	Reps	Comments
<u>Hip Airplane</u>	2	10 ea	Find end ranges
<u>Single Leg Hinge</u>	3	5-8 ea	Extend hip, not knee
<u>90/90 Row</u>	3	8-10 ea	Cable or band
<u>Single Leg Bridge</u>	2	8-15 ea	Drive foot down, not out

DAY 3

Exercise	Sets	Reps	Comments
<u>Walking Lunge w/ Toe Touch</u>	2	10 ea	Fluid reps
<u>Copenhagen Lifts</u>	3	6-12 ea	
<u>Lateral Squat</u>	2	5-10 ea	Use counterweight or hand-support
<u>Reverse Crunch</u>	3	6-12	Increase bench angle for greater challenge

WEEKS 5 & 6

DAY 1

Exercise	Sets	Reps	Comments
<u>Segmented Cat-Cow</u>	1	5-8	
<u>Sphinx Lift-Off Hold</u>	3	3 x 5s	3 x 5 sec Hold each set
<u>Half-Kneeling Cable Chop</u>	3	10 ea	High to low
<u>Tall-Kneeling MB Lateral Slam</u>	2	6 ea	Build rhythm into power

DAY 2

Exercise	Sets	Reps	Comments
<u>Split Squat Bounce</u>	2	20 ea	Rest between sides
<u>Single Leg Hinge</u>	2	5-8 ea	Extend hip, not knee
<u>Copenhagen Lifts</u>	3	6-12 ea	
<u>L-Sit</u>	3	10-30s	Try keep ribcage depressed

DAY 3

Exercise	Sets	Reps	Comments
<u>Single Leg Bridge</u>	2	8-15 ea	Drive foot down, not out
<u>Half-Kneeling Row Reach</u>	3	10 ea	
<u>Half-Kneeling Press Reach</u>	3	10 ea	
<u>KB Swing</u>	2	15	Work into power