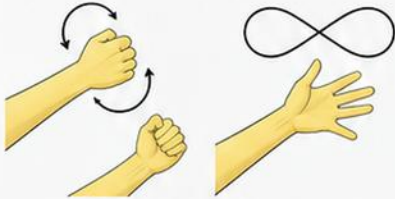


FIGHTER MOBILITY ROUTINE

A QUICK FULL-BODY STRETCH FOR MMA, MUAY THAI, BOXING & COMBAT ATHLETES

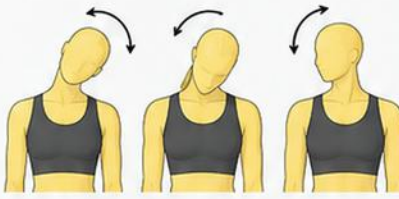
~5-10 MINUTES
10 STRETCHES
DO DAILY

1 WRIST CIRCLES & FIGURE EIGHTS 30 seconds each



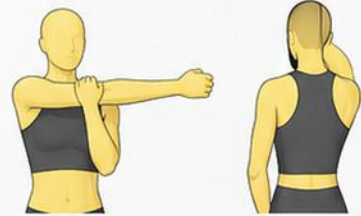
1. Make slow, controlled circles with your wrists (both directions).
2. Then draw figure eights with your hands.
3. Keep your fingers relaxed.

2 NECK STRETCHES 30 seconds each side



1. Gently tilt your ear toward your shoulder.
2. Look down toward your chest.
3. Slowly look over each shoulder.
4. Keep it gentle and move slowly.

3 SHOULDER STRETCH 30 seconds each side



1. Bring one arm across your chest.
2. Use your opposite arm to pull it in.
3. Keep your shoulders down and relaxed.
4. Switch sides.

4 CHEST STRETCH 30 seconds



1. Clasp your hands behind your back.
2. Gently straighten your arms and lift slightly.
3. Open your chest and squeeze your shoulder blades.
4. Keep your chin neutral.

5 TRICEPS STRETCH 30 seconds each side



1. Raise one arm overhead and bend your elbow.
2. Use your opposite hand to gently press down on your elbow.
3. Keep your core engaged.
4. Switch sides.

6 CAT AND COW 30 seconds (slow and controlled)



1. Start on hands and knees.
2. Exhale and round your back (cat).
3. Inhale and arch your back (cow).
4. Move slowly with your breath.

7 HIP FLEXOR LUNGE 30 seconds each side



1. Kneel on one knee, other foot in front.
2. Tuck your pelvis (posterior tilt) and squeeze your glute.
3. Gently shift forward until you feel a stretch in the front of your hip.
4. Keep your chest up.
5. Switch sides.

8 HAMSTRING STRETCH 30 seconds each side



1. Extend one leg straight.
2. Hinge at your hips and reach toward your foot.
3. Keep a slight bend in your knee if needed.
4. Keep your back straight.
5. Switch sides.

9 PIGEON STRETCH 30 seconds each side



1. Bring one knee forward and place it behind your wrist.
2. Extend the other leg straight back.
3. Keep your hips as square as possible.
4. Fold forward or stay upright, depending on your flexibility.
5. Switch sides.

10 BUTTERFLY STRETCH 30 seconds



1. Sit with the soles of your feet together.
2. Use your elbows to gently press your knees down.
3. Keep your back straight.
4. Breathe deeply and relax into the stretch.

**MORE
MOBILITY.
BETTER
PERFORMANCE.**

LOOSER HIPS.
STRONGER MOVEMENT.
MORE CONTROL.
STAY IN THE FIGHT.

