



## Special Bonus: Joint Mobility Level 2

DISCLAIMER: The author and publisher of this material are not responsible in any manner whatsoever for any injury that may occur through following the instructions contained in this material. The activities, physical and otherwise, described herein for informational purposes only, may be too strenuous or dangerous for some people and the participant(s) should consult a physician before engaging in them.

---

Stand up nice and tall. Keep your feet a little wider than hip-width. Breathe in and out through your nose. Breathe in and out through your belly. The only rule is it shouldn't hurt. Move slowly and repeat each movement as much as you like. Be conservative at first. It should get easier as you get used to the moves. Use as few as 10 repetitions. Use as many as needed until you feel the benefits.

### **Skull circles.**

Slowly begin making small circles with your skull. Gradually increase the size of the circles. Now, reverse directions and make the circles progressively smaller.

### **Shoulders up and down, front and back.**

Pull your shoulder blades up to your ears. Now, pull them straight down. Repeat a few times. Now, roll them forward and then roll them backward (pinch your shoulder blades together). Repeat a few times.

### **Finger circles.**

Make circles with each, individual finger. Go one way, then go the other way.

### **Wrist circles.**

Make a fist. Roll your wrist one way, then roll your wrist the other way. Try not to move your arms.

### **Elbow circles.**

Bring your fists to your chest. Your thumbs should be touching your pectoralis muscles. Your elbows are out to the sides. Straighten your arms in front of you. Your elbow pits are pointing to the ceiling. Internally rotate your arms. Your elbow pits are facing each other. Bring your fists back to the starting position. Smooth out the action and make circles.



### **Rib cage circles.**

Place your hands on your hips. As you exhale, lean slightly forward from your rib cage. Roll to your right and bend right. Continue rolling until you're slightly leaning backward. Roll to your left and bend left. Continue rolling until you're at the starting position. Repeat a few times then switch directions. Keep your glutes firm to protect your back.

### **Arm circles (front stroke).**

Bring your arms to the shape of a "T". Begin circling your arms forward. Gradually increase the size of the circle. When you've gone as far as you can comfortably, reverse the direction and come back to the starting position.

### **Arm circles (back stroke).**

Bring your arms to the shape of a "T". Begin circling your arms backward. Gradually increase the size of the circle. When you've gone as far as you can comfortably, reverse the direction and come back to the starting position.

### **Arms forward and backward.**

Bring your straight arms out to the shape of a "T". Exhale and touch your palms together at chest height. Inhale and turn your palms up and bring your arms back to the shape of a "T".

### **Spinal Twist.**

Keep your legs and hips relatively still. Begin by turning your torso left and right. Bend your arms when you come to the end-range of your twist. Your hands will strike your kidney area. Repeat until you feel the benefit of the spinal twist.

### **Pelvic circles.**

Place your hands on your hips. Soften your knees. Tuck your pelvis (like an abs crunch), now roll your pelvis to the right, now lift your pelvis behind you, finally roll your pelvis to the left and come back to the starting position. Try to make it a smooth circle. Switch directions.

### **Hurdle circles.**

Shift your weight to your left leg. Bend your right knee and lift it up. Swing your right knee to the right. Lower your right knee slightly. Bring your right knee to the left and then lift it again. It should look like you're stepping over a hurdle. Repeat in the other direction. Switch legs and repeat.

### **Ankle circles.**

Bend your left knee and move your left foot in circles. Switch directions. Repeat with your right foot.