



6 Vital Moves to Kickstart your Mobility

...“I wish I did less mobility work ten years ago” (said no guy in his fifties, EVER)

Feel your best, maintain the ‘mobility of youth’ and stay as pain-free as possible by adding these movements to your life, *daily*.



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Mobility matters...

but almost everyone ignores it until something starts to hurt!

A big part of feeling your best is maintaining the 'mobility of youth' and staying as pain-free as possible. For the majority of us, mobility and flexibility decrease as we age... unless a few moves to push back against that are part of our exercise routine.

Tight muscles are more likely to get injured; stiff joints are more likely to become troublesome and cause pain later. Your 'future-self' is pleading with you not to skip your daily mobilisations... 10 mins per day makes a huge difference.

Here, I describe and demonstrate six of the best mobilising movements. Start with a few, and build up to 12 reps per movement over time. They will contribute to you feeling younger and more energised... and staying injury-free.

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Wall Angel

To reduce neck and back pain, strengthen your back and improve posture



- Lean your upper back against, and your the hips slightly away from the wall
- Place the elbows and the back of the hands on the wall, and then slide them up keeping the forearms vertical.
- Try and keep contact with the wall with your elbows, forearms and back of your hands, throughout the movement.
- for a more detailed demonstration, [click here: https://youtu.be/PvT6j3t356g](https://youtu.be/PvT6j3t356g)

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Spiderman

To improve your hip mobility, whilst strengthening your upper torso and core



- Start in a push-up position, before moving the palms slightly closer together.
- Bring your left knee up alongside you, and plant your left foot alongside your hand (or as close as you can get it) whilst landing with your sole flat.
- As you land the foot, gently lower your hips to the floor, and raise your head so that you're briefly looking forward.
- Repeat, alternating sides.
- *for a more detailed demonstration, [click here: https://youtu.be/c9lNz8auElg](https://youtu.be/c9lNz8auElg)*

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Half-Kneeling Hip Flexor Mobiliser

A full-body mobiliser, with particular emphasis through the thigh, hip and chest



- Start on a mat (so that you have some cushioning for your rear knee). Place your left foot flat and grasp the knee, while your right knee is down. Ensure both knees are at 90 degrees and your torso is vertical.

- Rock your torso forward, raising your right arm as you go. Aim to push your left knee forward by a few inches, and get your arm up to your ear. Pause when you feel a stretch across the right hip, before returning to the starting position.

- for a more detailed demonstration, [click here: https://youtu.be/MJF9yPBqbAE](https://youtu.be/MJF9yPBqbAE)

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Cat to Camel

Improves spine mobility - great for easing low back pain and activating your core



- On all fours, place your hands under your shoulders, knees under your hips, feet hip-width apart, and your toes tucked under.
- Keep your shoulders relaxed and your eyes focused on floor. Maintain a slight bend in the elbows.
- Take a deep breath in. As you breathe out draw your shoulder blades down and together. Press hands into floor. Lift chin and slowly arch back down.
- As you inhale tuck your chin into chest. Round your spine up towards the sky and expand your rib cage fully.

- for a more detailed demonstration, [click here: https://youtu.be/a3_NCdPZKOQ](https://youtu.be/a3_NCdPZKOQ)

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Side-Lying Windmill

To improve your upper torso mobility, whilst stretching out your chest



- Lie on your right side, with your knees on top of one another. Place your hands out in front of you, one arm on top of the other - palms touching.
- Keeping both arms straight, reach around with your left arm all the way over and around your body, keeping your eyes on your hand.
- Rotate around as far as you comfortably can, keeping those knees together and on the floor. Pause, before returning at the same pace.
- *for a more detailed demonstration, [click here:](https://youtu.be/eOTbdpOBy5E)*
<https://youtu.be/eOTbdpOBy5E>

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Squat-to-Stand

To improve your hamstring, calf and lower back mobility



- Stand tall, with a wide stance before squatting down low and grasping your toes, ankles or shins (how low doesn't matter, as long as your grip position doesn't move, and you feel a stretch in the back of your legs as you straighten them). Keep your chest high and your eyes forward.

- Push the hips high, straightening the legs until you feel a stretch in the hamstrings. Look down, and keep a firm grasp of the toes/ankles/shins.

- Keeping a hold of the grip-position, lower the hips and return to the starting position.

- *for a more detailed demonstration, [click here: https://youtu.be/QhFsQwec3sk](https://youtu.be/QhFsQwec3sk)*

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In Closing...

My challenge to you:

Choose which of the six you'll do today. The challenge is to decide what you can *definitely* do... do it, and build from there. Even if it's just a few reps of the first move! A little something every day is far better than all six done for a day or so, then stopping. Start small. Claim the win. Build from there.

Please do go further by checking the other free resources on my website.

Better yet, join me in the 'League of Lean Gentlemen' for ongoing support and interaction with a group of dads looking to restore that energy and lose the stomach fat for good.

Are you ready to work with me to get some serious results? Apply here!

Get in touch - I'm looking forward to helping in whichever way I can.

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