

# Mobility & Flexibility — Workbook

This workbook is your hands-on companion to the Mobility & Flexibility course. Complete each section alongside the corresponding module to reinforce the concepts through self-assessment, targeted practice, and reflection. Keep this workbook across the full four-week initial program and use it to track your progress objectively rather than relying on subjective feel.

## Mobility vs Flexibility — Foundation and Self-Assessment

Anchor the conceptual distinctions and document your personal baseline before any training begins.

### Exercise: Passive-Active ROM Deficit Exploration

For each of the four joints below, find your passive end-range (partner-assisted or gravity-assisted), then find your active end-range (maximum you can reach under your own muscle power). Estimate the angle difference — this is your passive-active deficit. Perform this before your first training session.

- Hip flexion: passive range (leg raised with strap) vs active range (leg raised without strap) — what is the degree gap?

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- Shoulder flexion: passive range (arm lifted by the other hand) vs active range (arm raised under its own power) — where does it stop?

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- Which joint showed the largest passive-active deficit, and what does that tell you about your nervous system's level of trust in that joint?

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- Based on the joint-by-joint model, predict which adjacent joints might be compensating for your biggest restriction.

### Worksheet: Four-Test Self-Assessment Score Sheet

Perform the four self-assessment tests from Lesson 3 and record your results. Re-test every four weeks using the same conditions (same time of day, same warm-up — or none). Date each column.

Test date (Week 0)

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Test date (Week 4)

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Test date (Week 8)

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Ankle Dorsiflexion Wall Test — result (Pass / Borderline / Fail)

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Ankle notes (which side failed, heel lift, knee deviation)

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90-90 Hip Test — result (Pass / Borderline / Fail)

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Hip notes (which side, sitting bone lifting, trunk lean)

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Thoracic Rotation Screen — estimated degrees left / right

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Thoracic notes (compensations observed)

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Shoulder Flexion Wall Test — result (Pass / Borderline / Fail)

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Shoulder notes (lower back arch distance, which side first)

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Priority joints to address (rank 1-4 based on results)

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Overall assessment summary (2-3 sentences in your own words)

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### Checklist: Foundation Knowledge Checklist

- I can explain the difference between mobility and flexibility in one sentence without notes
- I can name the four joints classified as mobile in the joint-by-joint model
- I understand why passive flexibility gains in the first 4-8 weeks are primarily neurological
- I have completed all four self-assessment tests and recorded baseline scores
- I have identified my top two priority joints based on the assessment
- I know which stretching type to use before training (dynamic) vs after training (static/PNF)
- I have written down my anchor habit trigger for the daily mobility routine

## Dynamic Warm-Up Drills

Practice and evaluate your dynamic warm-up sequences, and build personalised pre-training routines.

### Exercise: World's Greatest Stretch Body-Map

Perform 5 reps of the World's Greatest Stretch on each side, then answer the prompts below. This drill targets multiple structures simultaneously — noticing which segments feel most restricted gives you real-time assessment data.

- Which component of the WGS felt most limited — the hip flexor, the thoracic rotation, or the hamstring? Be specific about which side.
- Did your front heel stay down throughout, or did it lift? If it lifted, what does that indicate about ankle mobility?
- After completing 5 reps per side, did the range increase? Estimate by how much — this reflects how much of your restriction is neural vs structural.
- Design a 3-exercise sequence using only drills from Module 2 that targets your two weakest points identified in this exercise.

### Worksheet: Personal Pre-Training Warm-Up Builder

Design your ideal pre-training warm-up using the drills from Module 2. Select drills based on your assessment results. Fill in the table and use it as your reference card for the next four weeks. Training type this warm-up precedes (e.g., lower-body lifting, running, yoga)

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Drill 1 name

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Drill 1 sets x reps

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Drill 1 specific coaching cue to remember

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Drill 2 name

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Drill 2 sets x reps

---

Drill 2 specific coaching cue to remember

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Drill 3 name

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Drill 3 sets x reps

---

Drill 3 specific coaching cue to remember

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Drill 4 name

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Drill 4 sets x reps

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Drill 4 specific coaching cue to remember

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Total estimated warm-up time (minutes)

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Modifications needed for any drill (injury, equipment, space)

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### Checklist: Dynamic Warm-Up Quality Checklist

- I perform CARs for hips and shoulders before every workout or daily routine
- My lower-body warm-up includes at least one drill targeting my identified restriction joint
- I move slowly enough to feel the end-range position for 1-2 seconds on each rep
- I am not forcing range — I stay within what I can actively control
- I have stopped performing static stretches as part of my pre-workout warm-up
- My thoracic foam-roll targets only T6-T12 and never the lumbar vertebrae
- I can execute the wall slide overhead with elbows, wrists, and hands in contact with the wall throughout

## PNF Stretching Protocols

Log your PNF sessions, track acute range-of-motion gains, and build skill in timing the contraction and relaxation phases.

### Exercise: PNF Hamstring Baseline and Progression Log

Before your first PNF hamstring session, measure your passive straight-leg raise using a strap and a wall as a goniometer reference. Perform 4 agonist-contract cycles and immediately re-measure. Log the result below and repeat weekly for four weeks.

- Week 1: passive straight-leg raise (degrees) before PNF vs immediately after PNF — record both numbers.

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- Week 2: same measurement — how much of last week's acute gain has persisted into a resting baseline?

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- At any point during the protocol, did you feel a neurological rather than a muscular sensation (electric, sharp, radiating)? If yes, stop and note where — this is a contraindication flag.

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- After four weeks: describe in two sentences what has changed in your daily life as a result of improved hamstring mobility (e.g., bending, sitting, a sport movement).

### Worksheet: PNF Session Log

Complete one row per PNF session. Target is 3-5 sessions per week. Track the joint, technique used, number of cycles, perceived intensity, and any acute range gain observed.

Session date

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Joint / muscle targeted

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Technique used (CR / AC / CRAC)

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Number of cycles completed

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Contraction intensity (% of max effort)

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Hold duration per cycle (seconds)

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Perceived range gain this session (small / moderate / large)

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Any discomfort or red flags to note

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Mood / fatigue level before session (1-5)

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Overall session quality rating (1-5)

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## Checklist: PNF Technique Mastery Checklist

- I can accurately describe both autogenic inhibition and reciprocal inhibition without looking at my notes
- I am entering PNF only after a dynamic warm-up — never cold
- My contraction intensity during CR is 60-80% of maximum — not maximum effort from rep 1
- I am fully releasing muscular tension between the contraction and the passive deepening phase
- I am using the agonist-contrast technique solo and only adding CR technique with a trained partner or braced surface
- I am not performing PNF on the same joint more than 5 times per week
- I have flagged and avoided any position that produced sharp, electrical, or radiating sensations

## End-Range Loading and Daily Routine

Build and refine your PAILs/RAILs practice and lock in the habit of a consistent daily mobility routine.

### Exercise: PAILs/RAILs First Session Debrief

After completing your first full PAILs/RAILs session in the 90-90 position, answer these reflection prompts while the experience is fresh. This protocol is significantly more intense than passive stretching — the prompts are calibrated accordingly.

- During the PAILs phase (contracting the stretched muscle), did you reach a point where the muscle shook or cramped? If not, were you actually at 100% effort? What would you adjust next session?

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- After the RAILs phase, did you notice any additional range become accessible? Estimate by how much in the 90-90 position.

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- How did your hip feel 24 hours after the session — sore, fatigued, or fine? This guides how much recovery time to allow before repeating.

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- Which of the four hip end-range loading stages from Lesson 2 are you currently in, and what is the specific criterion you need to meet before advancing to the next stage?

### Worksheet: 4-Week Daily Routine Compliance Tracker

Mark each day as Complete (C), Abbreviated (A — CARs only), or Missed (M). At each week's end, note what you observed about your movement quality and record one adjustment to the routine.

Week 1 — Mon

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Week 1 — Tue

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Week 1 — Wed

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Week 1 — Thu

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Week 1 — Fri

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Week 1 — Sat

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Week 1 — Sun

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Week 1 — Total completed sessions (C + A)

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Week 1 — Observation / adjustment

Week 2 — Mon

Week 2 — Tue

Week 2 — Wed

Week 2 — Thu

Week 2 — Fri

Week 2 — Sat

Week 2 — Sun

Week 2 — Total completed sessions (C + A)

Week 2 — Observation / adjustment

Week 3 — Mon

Week 3 — Tue

Week 3 — Wed

Week 3 — Thu

Week 3 — Fri

Week 3 — Sat

Week 3 — Sun

Week 3 — Total completed sessions (C + A)

Week 3 — Observation / adjustment

Week 4 — Mon

Week 4 — Tue

Week 4 — Wed

Week 4 — Thu

Week 4 — Fri

Week 4 — Sat

Week 4 — Sun

Week 4 — Total completed sessions (C + A)

Week 4 — Observation / adjustment

4-week re-assessment scores (transfer from Section 1 worksheet)

Key improvement noted (most improved test / joint)

Drill to retire (now passing the test it was assigned to)

New drill to add for next 4-week block

### Checklist: End-Range Loading and Sustainability Checklist

- I have completed at least one PAILs/RAILs session and know what maximum-effort isometric contraction feels like
- I am limiting PAILs/RAILs to 2-3 positions per session and allowing 48 hours between sessions on the same joint
- My daily routine has a fixed anchor habit and runs at the same time each day
- On busy days I complete the abbreviated CARs-only version rather than skipping entirely
- I have re-tested all four self-assessment positions and updated my score sheet
- I have identified at least one drill to retire (test now passing) and one new drill to add
- I have filmed myself performing at least two exercises from the side to check for compensatory movements
- I can execute hip CARs maintaining a completely neutral, non-rotating pelvis throughout the full circle

## Your Action Plan

1. Complete the four self-assessment tests (ankle, hip 90-90, thoracic rotation, shoulder flexion) and record baseline scores before any training begins
2. Identify your top two restricted joints and note which drills from Modules 2-4 directly address each one
3. Choose a daily anchor habit (e.g., after morning coffee, before sitting at your desk) and commit to linking your mobility routine to it for the first 10 weeks
4. Perform the full CAR sequence (hips, shoulders, thoracic) every single day — even on rest days — as your daily minimum
5. Add your two priority dynamic drills to every warm-up before any training session for the first four weeks
6. Begin PNF practice with the agonist-contract technique for your most restricted joint, aiming for 3-5 sessions per week
7. Schedule your first PAILs/RAILs session in the 90-90 position after you have completed two weeks of PNF and dynamic work
8. Film yourself from the side performing hip CARs and the wall slide to identify any compensatory movements you cannot feel
9. Re-test all four self-assessment positions at the end of Week 4 and update the score sheet — retire any drill you are now passing
10. At Week 8, advance each end-range loading drill by one stage using the progression ladder from Lesson 2 of Module 4















