

MOBILITY FOR STRENGTH TRAINING

A COMPREHENSIVE OVERVIEW TO THE RELATIONSHIP BETWEEN STRENGTH TRAINING AND MOBILITY. UNDERSTAND THE HIERARCHY BETWEEN POSITION, CONTROL, LOAD, AND POWER, TO ACCESS POSITIONS THAT LET STRENGTH EXPRESS ITSELF WHILE ALLOWING YOUR PERFORMANCE TO CONTINUALLY INCREASE. EXPLOSIVE MOVEMENTS, PROGRESSIVE OVERLOADING, AND IMPROVED CONTROL ALLOWS FOR PROGRESS IN A SYSTEMATIC MANNER. GOOD STRENGTH TRAINING WILL IMPROVE MOBILITY BETTER THAN RANDOM STRETCHING. GOOD STRENGTH TRAINING WITH A DESIGNED MOBILITY PLAN ALLOWS FOR CONTINUED PERFORMANCE THROUGH ALL RANGES. WITH BOTH MOBILITY AND STRENGTH TRAINING WORKING HAND-IN-HAND, YOU CAN REMOVE RESTRICTIVE MOVEMENT, BETTER LOAD TOLERANCE, AND CONTINUED POSITIONAL STRENGTH.

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MOBILITY

MOBILITY IS THE ABILITY TO ACTIVELY ACCESS AND CONTROL RANGE OF MOTION. THAT MATTERS BECAUSE IN STRENGTH TRAINING, POSITIONS ONLY MATTER IF YOU CAN USE THEM UNDER LOAD. FLEXIBILITY IS PASSIVE RANGE. **MOBILITY IS USABLE RANGE.** YOU MIGHT BE ABLE TO REACH A POSITION IN A STRETCH, BUT IF YOU CAN'T STABILIZE THERE OR PRODUCE FORCE THERE, YOU DON'T ACTUALLY OWN IT.

WHY IT MATTERS

MOBILITY IS ONE OF THE FOUNDATIONS OF GOOD STRENGTH TRAINING BECAUSE BETTER POSITIONS LEAD TO BETTER MECHANICS, CLEANER FORCE TRANSFER, AND FEWER COMPENSATIONS.

LIMITED MOBILITY DOES NOT JUST MAKE YOU LOOK STIFF. IT CHANGES HOW YOU LIFT.

GOOD MOBILITY MAKES STRENGTH MORE USABLE BECAUSE IT LETS YOU GET INTO THE RIGHT POSITION, STAY THERE, AND APPLY FORCE WITHOUT COMPENSATION.



WHY IT MATTERS

TRAIN FULL ROM

USE LIFTS THAT CHALLENGE USABLE DEPTH AND POSITION.

- DEEP GOBLET SQUATS
- SPLIT SQUATS
- ROMANIAN DEADLIFTS
- OVERHEAD PRESSING WITH CONTROL

BUILD END RANGE STRENGTH

PAUSE WORK, SLOW ECCENTRICS, AND ISOMETRICS HELP TURN RANGE INTO SOMETHING USABLE.

- PAUSE SQUATS
- DEFICIT SPLIT SQUATS
- TEMPO RDLs
- OVERHEAD HOLDS

USE DIRECT MOBILITY WORK

ADDRESS ACTUAL RESTRICTIONS INSTEAD OF DOING RANDOM STRETCHING.

- ANKLE DORSIFLEXION WORK
- HIP ROTATION WORK
- THORACIC EXTENSION WORK
- SHOULDER CONTROLLED RANGE WORK

PRIORITIZE CONTROL

THE GOAL IS NOT JUST TO REACH THE POSITION.
THE GOAL IS TO STAY ORGANIZED THERE UNDER TENSION.

MAKE IT TRANSFER

MOBILITY WORK SHOULD IMPROVE THE LIFTS THEMSELVES.
THE BEST MOBILITY TRAINING HELPS YOU SQUAT CLEANER, HINGE BETTER, PRESS STRONGER, AND MOVE WITH LESS COMPENSATION.



TRAINING PRINCIPLES

ACTIVE RANGE MATTERS

PASSIVE FLEXIBILITY IS NOT ENOUGH.
IF YOU CANNOT CONTROL A RANGE, IT WILL NOT HOLD UP UNDER LOAD.

CONTROL BEFORE DEPTH

MORE RANGE IS NOT ALWAYS BETTER.
THE PRIORITY IS BEING ABLE TO OWN THE POSITION YOU REACH.

END RANGE STRENGTH

A POSITION BECOMES USEFUL WHEN YOU CAN PRODUCE FORCE THERE.
THAT IS WHAT MAKES MOBILITY TRANSFER INTO LIFTING.

JOINTS WORK TOGETHER

MOBILITY PROBLEMS RARELY STAY ISOLATED.
IF ONE AREA LACKS MOTION, ANOTHER AREA USUALLY COMPENSATES.

QUALITY OVER RANDOM DRILLS

MOBILITY WORK SHOULD SOLVE A REAL LIMITATION.
IT SHOULD SUPPORT THE LIFTS YOU ARE TRYING TO IMPROVE.

MOBILITY SUPPORTS STRENGTH

THE GOAL IS NOT MOBILITY FOR ITS OWN SAKE.
THE GOAL IS BETTER ACCESS, BETTER MECHANICS, AND STRONGER POSITIONS UNDER LOAD.

