SWEAT SOCIETY

FREE GUIDE

THE 10-MINUTE MOBILITY RESET

7 moves for stiff hips, back and shoulders. No equipment. Do it before you check your phone.

10 MINUTES | NO EQUIPMENT | ALL LEVELS

BY COACH HYACOUBB · SWEAT SOCIETY

WHY YOU FEEL STIFF

YOUR BODY KEEPS WHAT YOU USE.

Sit all day and your body gets really good at sitting. That's the stiff back, tight hips and creaky knees.

The fix isn't a long stretch once a week. It's moving every joint slowly through its full range, every day. That's what sticks.

THE RULES

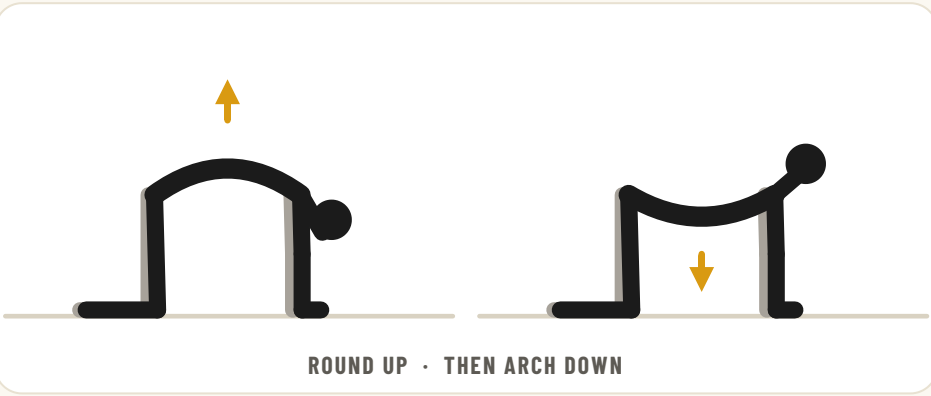
1. **Go slow.** Slow is the whole point.
2. **Breathe out** as you move into the stretch.
3. **Go to the edge, not past it.** A stretch is fine. Pain is not.
4. **Every day for 14 days.** Before your phone. Tick the box at the back.

> **Stop** if you feel sharp pain, numbness or dizziness. Have an injury or a health condition? Check with your doctor first.

SPINE

1 CAT-COW

8
SLOW REPS



ROUND UP · THEN ARCH DOWN

1. Get on your hands and knees. Hands under your shoulders. Knees under your hips.
2. Round your back up to the ceiling. Tuck your chin.
3. Now drop your belly and lift your chest. Look forward. That's 1 rep.

FEEL IT

Between your shoulder blades and in your low back.

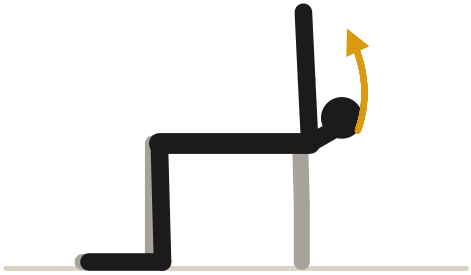
MAKE IT EASIER

Sit on a chair, hands on your knees. Do the same round and arch.

UPPER BACK

2 REACH TO THE SKY

6 EACH SIDE



TURN FROM YOUR UPPER BACK

1. Start on your hands and knees.
2. Reach one arm up to the ceiling. Follow your hand with your eyes.
3. Bring it back down slowly. Do all 6, then switch sides.

FEEL IT
In your upper back. Not your low back.

MAKE IT EASIER
Sit on a chair, arms crossed on your chest. Turn side to side.

FRONT OF HIPS

3 KNEELING HIP STRETCH

30 SEC EACH SIDE



SQUEEZE THE BACK BUTT CHEEK, HIPS FORWARD

1. Kneel on one knee. Put a pillow under it. Other foot flat in front of you.
2. Squeeze your butt on the kneeling side.
3. Shift your hips forward a little. Stay tall. Hold, then switch sides.

FEEL IT
In the front of the hip on the kneeling side.

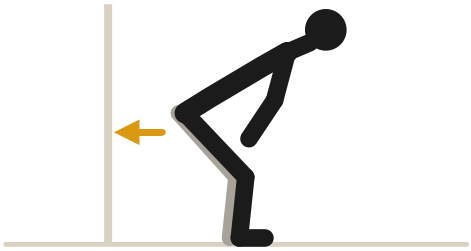
MAKE IT EASIER
Hold a chair or the couch for balance.

Why it's here: Sitting all day shortens the front of your hips. This undoes it.

BACK OF LEGS

4 HIP HINGE

8
SLOW REPS



HIPS BACK. BACK FLAT.

1. Stand tall. Feet hip-width apart. Knees soft.
2. Push your hips back and slide your hands down your thighs. Keep your back flat.
3. Stop when you feel the back of your legs. Squeeze your butt to stand up.

FEEL IT
In the back of your thighs.

MAKE IT EASIER
Stand a foot from a wall. Push your hips back to tap it.

SHOULDERS

5 WALL SLIDES

8
SLOW REPS



W · THEN SLIDE UP TO A Y

1. Stand with your back, head and butt against a wall.
2. Put your arms in a W. Backs of your arms on the wall.
3. Slide up to a Y, then back down. Keep your low back on the wall.

FEEL IT
In your shoulders and between your shoulder blades.

MAKE IT EASIER
Only go as high as you can keep your arms on the wall.

ANKLES

6 ANKLE ROCKS

8
EACH SIDE



HEEL DOWN. KNEE TO THE WALL.

1. Face a wall. Put one foot in front, a few inches from the wall.
2. Keep that heel flat on the floor.
3. Push your knee forward to touch the wall. Then back. Do all 8, then switch.

FEEL IT
In the front of your ankle and your calf.

MAKE IT EASIER
Move your foot closer to the wall.

Why it's here: Stiff ankles make stairs and squats harder, and push the stress up into your knees.

LEGS (STRENGTH)

7 CHAIR SIT-TO-STAND

8
SLOW REPS



REACH FORWARD · STAND TALL · SIT DOWN SLOW

1. Sit at the front of a chair. Feet flat.
2. Reach your arms forward and stand up. Squeeze your butt at the top.
3. Sit back down slowly. Count to 3 on the way down.

FEEL IT
In your legs and butt.

MAKE IT EASIER
Use a higher chair, or push off your thighs with your hands.

Why it's here: Mobility gets you moving. Strength keeps you moving.

SAVE THIS PAGE

10 MINUTES. SAME ORDER. EVERY DAY.

1	Cat-cow	8 SLOW REPS
2	Reach to the sky	6 EACH SIDE
3	Kneeling hip stretch	30 SEC EACH SIDE
4	Hip hinge	8 SLOW REPS
5	Wall slides	8 SLOW REPS
6	Ankle rocks	8 EACH SIDE
7	Chair sit-to-stand	8 SLOW REPS

Busy day? Do 1, 3 and 7. That takes 4 minutes and it still counts. A short day beats a skipped day.

TICK A BOX EVERY DAY

DON'T BREAK THE CHAIN.

WEEK 1

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

WEEK 2

8	9	10	11	12	13	14
☐	☐	☐	☐	☐	☐	☐

DAY 1
How stiff do you feel?

___ / 10

DAY 14
How stiff do you feel now?

___ / 10

Missed a day? No big deal. Just don't miss two in a row. On day 14, screenshot this page and send it to me on Instagram. I want to see it.

MOBILITY GETS YOU MOVING.
STRENGTH KEEPS YOU MOVING.

This routine is a start. If you want a plan built for your body, with someone checking in on you every week, that's what I do.

- A home assessment and your own Home Score
- A custom program in the app
- Weekly check-ins and unlimited form reviews
- A coach in your corner for 6 or 12 months

BOOK A FREE 30-MIN CALL

Scan the code. We'll talk about your goals and see if online coaching fits. No pressure.

Or DM me on Instagram **@sweatsocietyhc**

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