

2024

# KICK ASS MOBILITY



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FLEXIBILITY PROGRAMS

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# INSTRUCTOR



## JELENA

Yoga Coach & Osteopath

As an Osteopath and yoga teacher with 15 years of teaching experience I have trained different kinds of yoga styles, fitness routines and weight lifting exercises. Through this experience I found that only passive stretching doesn't work for me and strength training only makes my body tight and prone to injury. The combination of both is the key for me to feel supple, elastic and strong like bamboo.

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# WHAT THIS WORKBOOK CAN HELP YOU WITH

This workbook is an additional resource to practicing the splits, backbends, pancake and all other programs. You can find descriptions for each exercise underneath each video. For more in depth understanding of the concepts of mobility, flexibility and what it means to hold in a isometric contraction as for example in the exercise: pancake isometric holds, then this workbook will hopefully clear all last questions!

If you have more, send me an email to [hi@kickassyoga.com](mailto:hi@kickassyoga.com)

# MOBILITY VS FLEXIBILITY

## UNDERSTANDING THE DIFFERENCE

You train for better strength, endurance, and cardio, but when was the last time you took the time to help your body move better? Mobility and flexibility can often be overlooked as they may not be as fun as other aspects of fitness. Lifting a barbell overhead or picking up clothes off the floor both rely on these two variables, so you shouldn't lack either.

Sometimes used interchangeably, it's important to know that mobility and flexibility aren't the same, though they do share some similarities. Knowing the difference between them can help you better understand why they're important and how you may be able to improve them.

Mobility is dynamic or active, where flexibility is passive. For example, flexibility is when you can pull your thumb back with your other hand, so it touches your wrist. In contrast, mobility is the ability to get your thumb to that exact same spot on your wrist without the help of the other hand.

While mobility refers to the body's ability to move through its full range of motion, flexibility is the ability to stretch, which involves body tissues including muscles, tendons, and ligaments.

## HOW TO TEST YOUR MOBILITY

To measure your mobility, stand up and try to rotate your shoulder to fully extend your arm straight over head. If you're able to move your arm and shoulder this way freely, your shoulder is mobile. If not, it's a sign of a lack of mobility. In this example, instead of using a resistance band to move your connective tissues, you're actively controlling and moving your own body.

## UNDERSTANDING THE DIFFERENCE

We often associate yoga with flexibility. While it's true that many traditional yoga routines focus on improving flexibility, mobility is a different concept. The main differences between mobility and flexibility are:

- Flexibility focuses on the extension of the muscles and soft tissues that cross a joint whereas mobility is related to how the joint itself moves.
- Flexibility is measured by how far a joint can move whereas mobility refers to the individual's ability to start, control, and sustain movements.

Stretching involves deliberately lengthening the muscle to achieve an extended range of motion. Whereas mobility is the ability to actively achieve an extended range of motion dynamically. Mobility is essentially stretching the muscle using strength to control the movement through a safe range.

### NOTES:

Flexibility is defined as “the ability of a muscle or muscle groups to lengthen passively through a range of motion”, whereas mobility is the “ability of a joint to move actively through a range of motion”

# BENCHMARKS

Before starting each program, take a photo or video of you performing the goal exercise (without straining yourself!). Then retake the video after 2 months, or 3-6 months of training and see how much has changed!


## How do you feel?

On a scale of 1-10, describe your discomfort/comfort/ ability.

## How often do you train?

Maybe you haven't trained yet, write down how you've been training so far!

BEFORE



## How do you feel?

Describe what has changed for you.

## How often do you train?





Describe how often you trained to get to this point.

AFTER



# TEMPO

The tempo of an exercise refers to the speed at which a single repetition is executed, also referred to as isotonic exercise. These exercises involve actions like pushing, pulling, or lifting, for example, bicep curls, squats, and pull-ups. This concept of isotonic exercises can also be applied to mobility training. Each repetition consists of four phases:

-  **ECCENTRIC:**  
lowering phase of the exercise, where the affected muscles are lengthened.  
  
Your muscles extend or lengthen. This is part two of a bicep curl, when you lower the dumbbells back down to your starting position.
-  **Pause at the midpoint/  
bottom of the rep.**
-  **CONCENTRIC:**  
the lifting phase of the rep where the affected muscles are shortened  
  
Your muscles contract, becoming shorter & tighter. In a bicep curl, this would be the first part when you curl the dumbbells up to your shoulders.
-  **Pause at the top**

# PANCAKE EXAMPLE

If training with isometric holds and phases is new to you, here's an example of pancake isometric holds. Engage your legs and core the whole time.

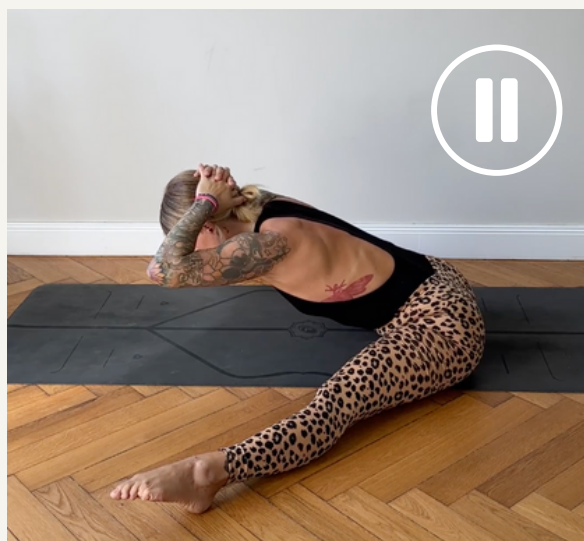
## ECCENTRIC

lowering phase



## PAUSE

this is where we add isometric holds



## CONCENTRIC

lifting phase



## PAUSE

hold





# CONTROLLED

A controlled tempo involves performing a repetition at a steady, usually moderate pace. It's crucial to be able to pause the repetition at any moment and maintain a static position. If pausing is not feasible, it's essential to execute the rep without any acceleration in movement.

# STATIC HOLD

Static in the tempo section of the program means an isometric hold, where no movement occurs in a specified position, the muscles remain active and do not relax.

# ISOMETRIC HOLD

Isometric exercises involve holding the body in a position with no muscle or joint movement. They help build muscular strength and endurance and are popular rehabilitation exercises. With Isometric exercises, you hold a position that maintains the same muscle length, causing your muscles to fatigue (tire out). Because you're holding one position (instead of performing continuous reps), your muscles don't change their size or length the way they do in isotonic exercises.

# RELAXED STRETCHING

Relaxed static stretches, as the name suggests, involve holding a stretch to feel the sensation in the targeted muscle or muscle group. It's essential to apply a controlled level of resistance to trigger a response without making the stretch overly intense. Adjust the intensity by using supports to reduce weight and manage the stretch effectively.

# BENCHMARK EXERCISES

The following exercises are an expression of overall mobility, spine health and flexibility. These are not a “MUST” but are good to have for all future goals you might strive for. For example: pancake flexibility translates into being able to press to handstand with legs in straddle.

## FORWARD FOLD

Being able to touch the floor with your hands is an expression of a flexible backline and can help with all kinds of Yoga & handstands...

## FRONT SPLITS

Being able to hold your front splits actively (without the use of gravity) translates ie. into kicking up to handstands with more ease...

## WHEEL POSE

Backbends are heart openers. In order to stay connected with the world & have a spine like bamboo, we need to keep practicing despite the urge not to.

## DOWNDOG

Heels down in Downward facing dog is a great goal and measure of flexibility of the backline.

## MIDDLE SPLITS

Depending on the structure of your hips (femur bone to hip socket) some might not be able to achieve this one. Then reach for the pancake!

## PANCAKE

Tight, untrained adductors are very common, so reaching for the pancake is an impressive goal!

## HEADSTAND

Standing on your head, can be the first intro to the world of inversions. If you don't like the pressure on your head, practice handstands instead!

## HANDSTAND

Being able to hold a handstand is an expression of strength & mobile shoulders and gives your self-esteem a nice boost!

# ASSESSMENT

		YES	NO
1	Can you comfortably touch the floor with your palms in a forward fold?	<input type="checkbox"/>	<input type="checkbox"/>
2	Can you bring your heels down in Downtog without rounding your back?	<input type="checkbox"/>	<input type="checkbox"/>
3	Can you push yourself up into Wheel pose?	<input type="checkbox"/>	<input type="checkbox"/>
4	Can you touch the floor with your chin/chest in a pancake stretch?	<input type="checkbox"/>	<input type="checkbox"/>
5	Can you hold a handstand for 30 seconds at the wall / free standing?	<input type="checkbox"/>	<input type="checkbox"/>
6	Can you float up into headstand without jumping up?	<input type="checkbox"/>	<input type="checkbox"/>
7	Is your shin positioned parallel to the front edge of the mat in half pigeon pose?	<input type="checkbox"/>	<input type="checkbox"/>
8	Can you lift your arms up next to your ears without arching your back?	<input type="checkbox"/>	<input type="checkbox"/>

# THANK YOU!

I appreciate all of your interest, messages on instagram and subscriptions to my app!

The more you regularly you train, the easier it will be to stick to a routine and to establish new routines. Feel free to repeat certain weeks of your favourite programs and message me if you'd like a part 2/3 or a new program on the app.

Sending you a big hug from Berlin!

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