the mobility project

the
mobility
project

Welcome!

In this Orientation Module, we want to cover a few things:

- ☐ Who we are
- ☐ An Overview of the Mobility Project
- ☐ How to Establish your Baseline
- ☐ Key Concepts and Pro-Tips

We are excited to work with you! **Discovering a repeatable, consistent method for developing usable flexibility** is a big part of what drew us to this movement world in the first place.

Our main priority is to help get you the results you want. **Better mobility leads to better movement, which leads to increased brain functioning, clarity of thought processing, and overall quality of life.** Yeah, we totally want to get you some awesome 'before and after' pictures, but the work goes much deeper than that - and it's important to identify and repeatedly connect with your "why" for best results.

We can show you the path, but we can't make you do anything. You have to do the work, but you are not alone, and we are here to support you along the way. Please don't hesitate with any questions/comments/feedback!

In addition to the forum and Q & A's, we will have options for online consultations.

Let's start practicing right away.

Whether you are sitting, standing, or squatting, take a moment to congratulate yourself for investing in your movement. This is, by far, one of the most important investments you can make.

Why?
Because Quality of Movement = Quality of Life

You're going to hear us say this. A lot. This is intentional. The more you think it, feel it, and believe it, the more you will be motivated to practice.

Information Toxicity is real!

Therefore, we don't believe it's helpful to give an overwhelming, paralyzing amount of information from Day 1. This actually hinders progress. So we want less time on the computer, more time practicing. This program is designed to gradually build the physical and mental qualities and habits.

*** If you are highly motivated to move, right now, you can SKIP AHEAD and start your Week 1 & 2 Program at the end of this document and start exploring your "A Session" and "B Session". You can come back and read this later. Even better, read it while sitting in a deep squat.

A few quick notes

This is a growing, living program! We are constantly adding and improving content and working to provide you with an excellent educational experience and results to match. If you have a suggestion, question, or request, send us an email at info@themobilityproject.co

We highly encourage you to find people around you that are into movement. Find a partner or group to practice with, and hold each other accountable! How this fits into your social life may be the most important factor in determining your "success" with the program. Be bold, practice in public spaces, and see how quickly you make new friends!

We highly recommend you join our member's only Facebook forum.

When you join, please introduce yourself!
Share with us a bit about who you are and what excites you in life.
Tell us why you joined the Mobility Project. What are your goals?
And lastly, commit to practicing SOMETHING daily for the first two weeks. Even if it's just a few minutes.

Who We Are

David Gallina
Movement and Functional Neurology,
Certified Mobility Specialist

I'm David Gallina, creator of the Mobility Project. I love what I do! I teach movement education and practice on an international level. I am doing all this while finish up my medical degree while specializing in the field of functional neurology, working daily to spread the message and connect these worlds.

I don't believe in merely talking about movement on an academic or theoretical/philosophical level. My teachers have always inspired me to "lead from the front". I personally practice for hours and hours every day, constantly refining my skills and being a beginner. I've learned to love sucking at things; knowing that this is the only way to do truly incredible things.

I've taught workshops at the International Association of Functional Neurology and Rehabilitation, Harvard Medical School, Bastyr University, and all over my home base of Seattle, Washington. Come visit our community! We have workshops and classes going on all the time and a movement studio in the works!

Key Concepts

Speaking the Same Language: Basic Joint Terminology Video

This video will cover basic anatomical terms needed to understand what we are talking about throughout the Mobility Project. Please refer to this video when needed, and we will be providing more lessons on functional anatomy and the science behind what we are doing as we move through the program. Don't hesitate to ask us questions in the forum!

Watch the "Basic Joint Terminology" video

Let's Define Mobility:

Mobility = Strength + Flexibility

How to Develop Mobility, Simplified:

Exhibiting strength at the end ROM (Range of Motion).

Therefore, we will approach developing mobility in the same way we develop strength. We start with a mobility-focused strength program - a series of exercises with programmed sets and reps. The #1 determiner of mobility is your nervous system. Building strength at your most flexible positions is like building trust with your nervous system. Once your nervous system can trust you with the ROM, it will allow you more.

Loaded Progressive Stretching

This is a term coined by Ido Portal and is my favorite description of the process because the title explains the whole idea. "Loaded" refers to the application of a load: either external load (like a weight) or bodyweight load. "Progressive" refers to how the mobility exercise is programmed: adding more intensity, frequency, volume, or complexity at the right time. Loaded Progressive Stretching is one important method we will be using in this program.

The Project Approach

Don't think that stretching and developing mobility is a lifelong endeavor. Developing mobility should be approached like a medium-term length project (meaning a matter of months to develop most of the mobility you need). Dedicate yourself with the right methods to achieve your needed ROM, and then maintaining that range is done through proper movement practice - that might be dance, fighting, yoga, acrobatics, gymnastics, etc.

Formal Practice & the Cat Approach

Your results are dependent on 2 main modes of practice. The Formal Practice is your prescribed Mobility Programming work. The Cat Approach refers to all of the time around your Formal Practice. Cats stretch throughout the day, and use their range of motion with the movements they perform. This is to say that if you crush it with your Mobility Programming work, then you sit for 8 hours a day, your results will be much slower than if you are consistently moving and mobilizing throughout the day.

"Oh No, I'm Really Sore & Not Progressing / Getting Worse"

Because this is largely strength-based work, you are going to get sore. If you aren't getting sore, you probably aren't progressing much and we will need to adjust the parameters of your program. So a common question I get is about people doing this mobility work and feeling like they are getting worse. We will cover some recovery techniques as we go along. Be prepared that some days will be hard, and will require a more extended warm-up.

6 Keys to Success

Schedule Your Practice

Know when and where you are going to complete your sessions. If you can schedule with a friend, even better.

Social Support

Humans are meant to move together. If you get some friends or family involved in this, you are guaranteed to do much better. We will give you some guidelines for how to practice with a partner that is both fun and feels like you are still getting good work in.

Identify Your Barriers

What do you foresee getting in the way? Big projects at work? Travel? How can you turn them into opportunities?

Avoid All-or-Nothing Approach

Tired at the end of an insanely busy day? Notice when you try to tell yourself "not today, I'll get back to it tomorrow". STOP that pattern right there and spend just a few minutes going through a few simple basics. The length of your practice doesn't matter as much as your consistency.

Notice Small Achievements

Practicing every day and simply going through your joint mobility routine is a huge accomplishment! Don't undervalue these things, celebrate them. Every time you think about movement and make some gesture towards practicing, this is reinforcing the pattern in your brain. We will build on this momentum.

Don't Give Up Doing What You Love

If you love going to a yoga class or climbing, keep doing it! It's part of your movement practice. This program is about expanding your experience. It'll make what you are already doing even better.

Pro Tips

Building Your Environment

If you design your living space/work space to be more conducive to movement, you are much more likely to move more frequently. The more frequently you move your joints to their end range of motion, the more you are signaling your brain that you care about having that range. This reinforces the positions you are working on in your formal mobility practice.

Staying Close to the Floor

Chairs a major killer of mobility and make it easy for people to be sedentary for long periods of time. By staying close to the floor, you are much more likely to mobilize your hips, using sitting in a squat or straddle, and give your joints the proper compression and stimulation they thrive on. If I have a chair, I use it as a table and set in a deep squat position.

Ido Portal's 30/30 Squat Challenge

This has been life-changing for thousands of people around the world-hips, ankles, knees, spine. The challenge is to accumulate 30 minutes throughout the day in a deep squat position. This can be resting in the deep squat position or stretching/moving in it using a routine-there are multiple options in this program.

Beginning/End of the Day Ritual

Doing joint circles and slowly moving into your full range of motion sometime in the first hour of being awake and sometime in the last hour of being awake is highly recommended.

Basic Partner Acro

While we often recommend to most people taking an at least an introductory course in this discipline, simply performing the most basic partner postures ("airplane"/front plank/bird/folded leaf) is a great practice. This isn't required by any means, but it can accelerate your hip mobility-particularly in the hamstrings.

Establishing Your Baseline

It can be difficult to notice progress day-to-day, so we ask you to establish your baseline so we can measure progress over weeks and months. This is also how you get the before and after pictures. Below is a video to show you how to do this.

How:

Record yourself. Make sure all of your body is in the video.

For easy access later, we recommend **uploading it as UNLISTED to YouTube.**
('Unlisted' means only you can see it, and anyone you share the link with)

Some notes on filming:

Do your best to mimic the positions in the video. Don't worry about making it perfect. Shoot your video in a place where you can come back to on about a monthly basis. You are welcome to add any additional postures/asanas/movements that you are working on to track your progress here as well.

In the video, we show:

- ☐ Forward bend
- ☐ Standing back bend
- ☐ Deep squat
- ☐ Seated straddle pancake
- ☐ Some other options could include front/middle splits and back bridges.

Watch "Establishing Your Baseline" video

Mobility Project Program Overview

How the content will be presented:

This program is self-paced, but we do encourage you to do the routines daily. The content will be released every two weeks so that you don't get side-tracked with the content, also known as "information toxicity" as we mentioned previously.

The Session **A** Program is your **Mobility-Specific** Program.
The Session **B** Program is your **Supporting-Movement** Program

Approximate duration:
Session A: 30 - 40mins
Session B: 30 - 60mins

Recommended Phase 1 Mobility Project Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	A Session	B Session	A Session	B Session	A Session	B session

An Ideal Practice Week

your mobility program
Phase 1: Week 1 & 2

Mobility: A Session	Exercise	Sets	Reps	M	T	W	Th	F	S	Su
Warm Up	Joint Mobility 1			✓		✓		✓		
Circuit 1	Squat Sequence	3	10/leg, 5-8 sissy squats	✓		✓		✓		
	Hanging Variation	3	:45-:60 seconds	✓		✓		✓		
Circuit 2	Jefferson Curl	3	7 - 10 reps	✓		✓		✓		
	Backbend to Target	3	7 - 10 reps	✓		✓		✓		

Supporting Movement: B Session	Exercise	Sets	Reps	M	T	W	Th	F	S	Su
Warm Up	Joint Mobility 1				✓		✓		✓	
	Wrist Prep	2	5 - 10 reps		✓		✓		✓	
Circuit 1	Fisherman Squat - transition across the butt	3	:60 seconds		✓		✓		✓	
	Role	3	:45-:60 seconds		✓		✓		✓	
Circuit 2	Butt Switch from Squat	3	:60 seconds		✓		✓		✓	
	Toe Stand to Seiza	3	:60 seconds		✓		✓		✓	
Circuit 3	Spine Improvisation	3	1 - 2+ minutes		✓		✓		✓	
	Low Gait Improvisation	3	1 - 2+ minutes		✓		✓		✓	
Closure	Shaking				✓		✓		✓	

5/13 5/14 5/15 5/16 5/17 5/18

Only have a very short amount of time or in a rush?

Try doing the Warm-Up or one circuit from Session A or 50% of the material from Session B.

Doing just a little bit every day can go a LONG way. **Remember**, don't take the "all-or-nothing" approach. All progress is good progress.

Here is an example of what you could do if you have a particularly challenging week, and don't want to lose momentum, and disrupt your newly forming habits.

your mobility program

Phase 1: Week 1 & 2

Mobility: A Session				Session Tracker						
	Exercise	Sets	Reps	M	T	W	Th	F	S	Su
Warm Up	Joint Mobility 1			✓		✓		✓		
Circuit 1	Squat Sequence	3	10/leg, 5-8 sissy squats	✓				✓		
	Hanging Variation	3	:45-:60 seconds	✓				✓		
Circuit 2	Jefferson Curl	3	7 - 10 reps			✓		✓		
	Backbend to Target	3	7 - 10 reps			✓		✓		

Supporting Movement: B Session				Session Tracker						
	Exercise	Sets	Reps	M	T	W	Th	F	S	Su
Warm Up	Joint Mobility 1				✓		✓		✓	
	Wrist Prep	2	5 - 10 reps		✓		✓		✓	
Circuit 1	Fisherman Squat - transition across the butt	3	:60 seconds		✓					
	Role	3	:45-:60 seconds		✓					
Circuit 2	Butt Switch from Squat	3	:60 seconds				✓			
	Toe Stand to Seiza	3	:60 seconds				✓			
Circuit 3	Spine Improvisation	3	1 - 2+ minutes						✓	
	Low Gait Improvisation	3	1 - 2+ minutes						✓	
Closure	Shaking				✓		✓		✓	
				5/13	5/14	5/15	5/16	5/17	5/18	

The point here is to do **SOMETHING** every day.

Phase 1 Program

Click on the link under the "Exercise Video Link" column to learn how to do each of the exercises. Track your progress on the worksheet in the following page.

A Session : Mobility

	Exercise Video Link	Sets	Reps
Warm Up	Joint Mobility 1	1	Follow video
	Banded Shoulder Routine	1	10-15 reps
Circuit 1	Squat Sequence	3	10/leg, 5-8 sissy squats
	Hanging Variation	3	:45-:60 seconds
Circuit 2	Jefferson Curl	3	7-10 reps
	Backbend to Target	3	7-10 reps

B Session : Supporting Movement

	Exercise Video Link	Sets	Reps
Warm Up	Joint Mobility 1	1	Follow video
	Wrist Prep	2	5-10 reps
Circuit 1	Fisherman Squat - transition across the butt	3	:60 secons
	Rolê	3	:45-:60 seconds
Circuit 2	Butt Switch from Squat	3	:60 seconds
	Toe Stand to Seiza	3	:60 seconds
Circuit 3	Spine Improvisation	3	1-2+ minutes
	Low Gait Improvisation	3	1-2+ minutes
Closure	Shaking	1	Follow Video

my mobility program

Phase 1: Week 1 & 2

Mobility: A Session				Session Tracker						
	Exercise	Sets	Reps	M	T	W	Th	F	S	Su
Warm Up	Joint Mobility 1	1	Follow video							
	Banded Shoulder Routine	1	10 - 15 reps							
Circuit 1	Squat Sequence	3	10/leg, 5-8 sissy squats							
	Hanging Variation	3	:45-:60 seconds							
Circuit 2	Jefferson Curl	3	7 - 10 reps							
	Backbend to Target	3	7 - 10 reps							

Supporting Movement: B Session				Session Tracker						
	Exercise	Sets	Reps	M	T	W	Th	F	S	Su
Warm Up	Joint Mobility 1									
	Wrist Prep	2	5 - 10 reps							
Circuit 1	Fisherman Squat - transition across the butt	3	:60 seconds							
	Role	3	:45-:60 seconds							
Circuit 2	Butt Switch from Squat	3	:60 seconds							
	Toe Stand to Seiza	3	:60 seconds							
Circuit 3	Spine Improvisation	3	1 - 2+ minutes							
	Low Gait Improvisation	3	1 - 2+ minutes							
Closure	Shaking									