

# MOVE WITHOUT PAIN

THE COMPLETE MOBILITY &  
JOINT HEALTH GUIDE  
FOR PEOPLE OVER 40



**RECLAIM  
FULL-RANGE MOTION**  
Move freely again



**ELIMINATE  
DAILY ACHES**  
Feel better every day



**BUILD STRONGER,  
HEALTHIER JOINTS**  
For life



**MOVE LIKE YOU DID  
10 YEARS AGO**  
Or better



**MOBILITY  
IS  
FREEDOM  
AT ANY AGE**

« STRONGER JOINTS. BETTER MOVEMENT. BETTER LIFE. »



TARGETED  
MOBILITY



PROVEN  
PROTOCOLS



INJURY  
RESISTANT



PERFORMANCE  
FOCUSED



BUILT FOR  
LONGEVITY

# WHY MOBILITY CHANGES EVERYTHING AFTER 40



Reclaim movement. Reduce aches. Move with control again.

If getting up from the floor takes more effort, your hips ache after sitting, your shoulders feel locked, or your back complains on Monday mornings, you are not broken.

**These are predictable and reversible effects of mobility decline after 40.**

- ✔ Most fitness programs train strength and cardio but ignore mobility, the foundational system that makes all movement possible.
- ✔ **Mobility** is the active ability to move a joint through its full range under control. Flexibility alone is only one piece.

## FLEXIBILITY



- Passive length of muscles
- Can be stretched
- Doesn't guarantee usable movement
- Often not specific to real-life or sport

VS

## TRUE MOBILITY



- Active control through full joint range
- Strength + coordination
- Improves performance and function
- Transfers to daily life

**WHEN MOBILITY IS LOST**, workouts become harder, injury risk rises, and everyday life turns into small compensations that become bigger problems.



### BETTER WORKOUTS

Move with more control and power. Lift, run, and train longer with less restriction.



### LOWER INJURY RISK

Balanced joint motion and stability protect your body where it matters most.



### EASIER DAILY MOVEMENT

Get up from the floor. Climb stairs. Carry groceries. Live life without compensation.



### HEALTHIER AGING

Maintain independence, resilience, and confidence as you get older.



## THE MOBILITY-LONGEVITY CONNECTION

Research shows that adults over 40 who can sit down and stand up from the floor without using their hands or knees have significantly better survival outcomes.

**Mobility is not just about comfort; it is a marker of biological age and long-term health.**

# UNDERSTANDING YOUR JOINTS AFTER 40

Several biological shifts happen between your 40s and 60s that directly affect how your joints feel and function. Understanding these changes is the first step toward addressing them intelligently rather than just fighting through pain.



## THE REALITY

Joint pain is not just "wear and tear." It's the result of predictable, measurable changes that you can influence, reverse, and manage.



## 1 SYNOVIAL FLUID REDUCTION

Your joints are lubricated by synovial fluid — the body's natural joint oil. With age and decreased activity, the production and circulation of this fluid slows.



**THE AGE-RELATED SHIFT:** Less fluid production and slower distribution.



**THE DAILY MANIFESTATION:** Morning stiffness, joint creaking, and a "rusty" feeling that improves with movement.



**THE BPF SOLUTION:** Movement is the solution. It literally pumps fresh synovial fluid into your joint capsules.



## 2 CARTILAGE CHANGES

Articular cartilage — the smooth tissue that cushions your joints — thins gradually after age 40.



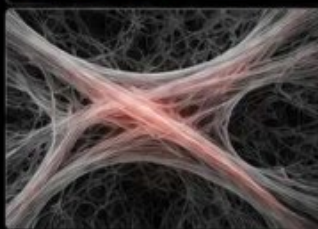
**THE AGE-RELATED SHIFT:** Cartilage naturally thins over time, reducing shock absorption.



**THE DAILY MANIFESTATION:** Increased sensitivity to impact, joint pain, and reduced range of motion.



**THE BPF SOLUTION:** Loading joints through appropriate exercise has been shown to stimulate cartilage health and delay degeneration.



## 3 FASCIAL STIFFENING

Fascia is the connective tissue web that surrounds every muscle, organ, and bone in your body.



**THE AGE-RELATED SHIFT:** Dehydration, stress, and sedentary posture cause fascia to become dense and less elastic.



**THE DAILY MANIFESTATION:** That "locked up" feeling, especially in the hips, thoracic spine, and shoulders.



**THE BPF SOLUTION:** Targeted mobility work hydrates and restores fascial glide and elasticity.



## 4 MUSCLE IMBALANCES & COMPENSATION PATTERNS

Years of sitting, repetitive patterns, and training certain muscles more than others create imbalances.



**THE AGE-RELATED SHIFT:** Weak muscles shut down, tight muscles overwork, and movement patterns become inefficient.



**THE DAILY MANIFESTATION:** Lower back pain, knee pain, shoulder pain, and chronic tension.



**THE BPF SOLUTION:** Restore balance, mobility, and proper movement patterns.



## 5 HORMONAL INFLUENCE ON JOINT HEALTH

Hormonal changes after 40 directly impact inflammation, tissue repair, and joint integrity.



**THE AGE-RELATED SHIFT:** Estrogen and testosterone decline affects inflammation control and connective tissue repair.



**THE DAILY MANIFESTATION:** Increased joint pain, slower recovery, and reduced tissue quality.



**THE BPF SOLUTION:** Movement, nutrition, sleep, and stress management counteract hormonal decline and support joint health.



**THE BOTTOM LINE:** These changes are normal — but not inevitable. Smart mobility, strength, and lifestyle choices can keep you moving well, pain-free, and strong for decades.



MOVE



FUEL



REST




RECOVER

SECTION 1 CONTINUED

# THE FIVE CRITICAL MOBILITY ZONES AFTER 40

Target these first, and you'll feel changes throughout your entire body.

## 1



### HIPS

- The powerhouse of the body.
- Restriction here forces compensation at the lower back and knees.
- Modern sitting culture makes hip flexor tightness nearly universal.
- Restoring hip mobility is the single highest-leverage mobility intervention.

## 2



### THORACIC SPINE (MID-BACK)

- Designed to rotate and extend.
- Desk work, driving, and phone use lock it into a rounded position.
- When the thoracic spine loses mobility, the neck and lower back compensate.
- Thoracic work often resolves many seemingly unrelated pain issues.


## 3



### SHOULDERS

- Shoulder impingement, rotator cuff issues, and frozen shoulder rise after 40.
- Most cases are driven by poor thoracic posture plus restricted internal/external rotation.
- Restoring shoulder mobility means working both the shoulder joint and the thoracic foundation.

## 4



### ANKLES

- Ankle dorsiflexion is often overlooked but has huge downstream consequences.
- Restricted ankle mobility makes the knee cave inward during squats and stairs.
- It also alters walking mechanics and stresses the hip and lower back.

## 5



### NECK

- Forward head posture is epidemic in screen-heavy adults.
- Every inch the head moves forward adds about 10 pounds of load to the cervical spine.
- Restoring neck mobility and head position reduces headaches, shoulder tension, and upper-back pain.

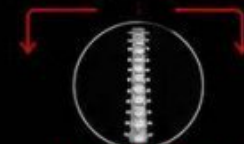
### THE COMPENSATION CASCADE

Restriction in one zone creates stress and dysfunction in others.



HIPS

Restriction shifts load to the lower back, knees, and ankles.



THORACIC SPINE

Loss of mobility forces the neck and lower back to overwork.



SHOULDERS

Poor thoracic position limits shoulder function.



KNEES

Ankle and hip restrictions drive knee stress.



ANKLES

Limited dorsiflexion alters gait and increases injuries.



NECK

Forward head posture drives neck, shoulder, and upper-back pain.

MOBILITY IS CONNECTED.  
IMPROVE ONE ZONE,  
IMPROVE THEM ALL.



BPF RULE: Restore the hips, mid-back, shoulders, ankles, and neck first — and the whole body moves better.

# THE BPF MOBILITY PROTOCOL

The BPF Mobility Protocol is organized into three tiers. Work through them sequentially as your mobility improves. Each tier has a morning and an evening component.



TARGETED  
FOCUS



PROGRESSIVE  
SYSTEM



PAIN-FREE  
APPROACH



LONG-TERM  
RESULTS



## PROGRAM STRUCTURE AT A GLANCE



### TIER 1: FOUNDATION

Weeks 1-3

Establish baseline mobility in all five zones. Daily practice.

15-20 min morning +  
10 min evening



### TIER 2: ACTIVE MOBILITY

Weeks 4-7

Load new ranges actively and build control. Daily practice.

20-25 min morning +  
10 min evening



### TIER 3: INTEGRATION

Weeks 8-12+

Combine mobility with real movement patterns.












5 days per week  
25-30 min total



## TIER 1: FOUNDATION MOBILITY (WEEKS 1-3)

### MORNING FLOW — 15-20 MINUTES

Perform this sequence immediately after waking, ideally before coffee. Body temperature is at its lowest, so movements should be gentle and exploratory — not forced.

EXERCISE	SETS/REPS	TARGET AREA	KEY CUE
 <b>1</b> CAT-COW	10 slow reps	 Thoracic spine	Exhale to round fully, inhale to extend
 <b>2</b> 90/90 HIP SWITCH	90 sec per side	 Hip external/internal rotation	Keep both sit bones heavy
 <b>3</b> WORLD'S GREATEST STRETCH	5 reps per side	 Hip flexor, thoracic, hamstring	Move slowly, breathe into restrictions
 <b>4</b> THREAD THE NEEDLE	8 reps per side	 Thoracic rotation	Let the reaching arm fully unwind
 <b>5</b> DOORWAY CHEST OPENER	60 sec per side	 Shoulder, chest, thoracic	Step in, lean forward, no neck strain
 <b>6</b> WALL ANKLE MOBILIZATION	10 reps per side	 Ankle dorsiflexion	Drive knee forward over 3rd toe
 <b>7</b> CHIN TUCKS	15 reps	 Cervical alignment	Think "tall neck, not chin down"



### PRO TIP

Consistency beats intensity. These movements are not about how far you can go, but how well you can move. Small daily investments create massive long-term returns.



TIME  
15-20 MINUTES



# TIER 1: EVENING FLOW

## 10 MINUTES

These are passive holds. Use gravity and time to create release — never force range of motion. This work improves tissue quality, reduces stress, and prepares you for deep recovery.



#	EXERCISE	SETS / REPS	TARGET AREA	KEY CUE
1	 <b>COUCH STRETCH</b>	90 sec per side	 Hip flexor, quadriceps	Squeeze the back glute gently
2	 <b>SUPINE FIGURE-4</b>	2 min per side	 Glute, hip external rotator	Flex the foot to protect knee
3	 <b>THORACIC EXTENSION OVER FOAM ROLLER</b>	2 min	 Thoracic spine	Support neck with hands
4	 <b>SUPPORTED SHOULDER STRETCH (BEHIND BACK)</b>	60 sec per side	 Shoulder internal rotation	No shrugging



### PRO TIP

Consistency is the secret weapon. The evening flow downshifts your nervous system and enhances recovery so you wake up moving better.



### TIME

10 MINUTES



# TIER 2: ACTIVE MOBILITY (WEEKS 4-7)

Active mobility means training your muscles to control new ranges — not just stretching passively into them. This is the critical step most people miss. Passive flexibility without active strength is unstable and injury-prone.



#	EXERCISE	SETS / REPS	TARGET AREA	KEY CUE
1	 <b>ACTIVE STRAIGHT LEG RAISE</b>	10 reps per side	 Hamstring, hip flexor	Keep lower back flat on floor
2	 <b>COSSACK SQUAT</b>	8 reps per side	 Hip adductor, knee, ankle	Heel stays down on working side
3	 <b>PRONE HIP EXTENSION (PAILS/RAILS)</b>	5 reps per side	 Hip extension range	3-sec contract, 3-sec relax
4	 <b>BANDED SHOULDER DISLOCATE</b>	10 slow reps	 Shoulder full circumduction	Wide grip, no pain
5	 <b>JEFFERSON CURL</b>	8 reps	 Entire posterior chain	Use light weight only, very slow
6	 <b>NECK CIRCLES WITH RESISTANCE</b>	5 reps each direction	 Cervical stability	Gentle resistance, full range
7	 <b>SINGLE-LEG BALANCE WITH HIP SWING</b>	30 sec per side	 Ankle, hip, balance integration	Find a focal point

### THE PAILS/RAILS METHOD

#### PAILS

Progressive Angular Isometric Loading  
Contract the muscle at end range for 5-10 seconds.

#### RAILS

Relax, then go deeper into the stretch and hold 5-10 seconds.

Stronger, more resilient ranges that stay with you for life.



### MOVE WITH CONTROL. BUILD RESILIENCE. EARN YOUR FREEDOM.













Active mobility is the bridge between flexibility and true, pain-free performance.

# TIER 3: INTEGRATION

(WEEKS 8–12)

Integration combines mobility with movement and teaches the body to use the new ranges in real-life patterns — squatting, hinging, pushing, pulling — which locks in the gains permanently.



#	EXERCISE	SETS / REPS	TARGET AREA	KEY CUE
1	 <b>GOBLET SQUAT (DEEP)</b>	3 x 8 reps	 Full lower body chain	Pause 2 sec at bottom
2	 <b>ROMANIAN DEADLIFT</b>	3 x 10 reps	 Hamstring, hip hinge	Hinge until stretch, not pain
3	 <b>TALL KNEELING OVERHEAD PRESS</b>	3 x 10 reps	 Shoulder, thoracic, hip flexor	Stay tall, no lower back arch
4	 <b>HALF-KNEELING PALLOF PRESS</b>	3 x 10 per side	 Hip, core anti-rotation	Resist rotation, breathe normally
5	 <b>TURKISH GET-UP (PARTIAL OR FULL)</b>	3 reps per side	 Full body integration	Go slow — this is not cardio
6	 <b>BEAR CRAWL</b>	4 x 20m	 Shoulder, hip, thoracic	Knees 1 inch off floor



## WHY INTEGRATION MATTERS

- Turns mobility into usable movement
- Builds strength through new ranges
- Improves daily function and lifting mechanics
- Helps lock in gains permanently



## BPF RULE:

**DON'T JUST GAIN RANGE — OWN IT UNDER CONTROL.**

# LOWER BACK PAIN PROTOCOL

For adults over 40, lower back pain is most often **NOT** a lower back problem — it's a hip mobility and core stability problem that the back is paying for.

## THE THREE PRIMARY DRIVERS OF LOWER BACK PAIN



Tight hip flexors tilting the pelvis forward (anterior pelvic tilt)









Weak glutes failing to support the hip and lumbar spine



Restricted thoracic spine forcing excessive lumbar rotation and extension



## DAILY LOWER BACK RESET — 12 MINUTES

	EXERCISE	SETS/REPS	TARGET AREA	KEY CUE
1	 Knee-to-Chest Stretch	60 sec per side	Lumbar decompression	Gentle pull, breathe deeply
2	 Hip Flexor Lunge Stretch	90 sec per side	Iliopsoas release	Tuck pelvis gently under
3	 Glute Bridge with Hold	3 x 12 reps	Glute activation, lumbar stability	Squeeze at top for 2 sec
4	 Bird Dog	3 x 10 per side	Multifidus, core stability	No rotation in the hips
5	 Dead Bug	3 x 8 per side	Deep core, lumbar stability	Lower back stays flat always
6	 Thoracic Rotation in Seated	10 per side	T-spine mobility, lumbar relief	Arms crossed on chest



**BPF RULE:**  
FIX THE HIPS, ACTIVATE THE GLUTES, STABILIZE THE CORE — AND THE BACK STOPS DOING WORK IT WAS NEVER MEANT TO DO.



### MOVE BETTER. HURT LESS. LIVE MORE.

A few intentional minutes each day restores mobility, builds stability, and takes pressure off your lower back — so you can stay strong, active, and independent for decades to come.

# KNEE PAIN + SHOULDER PROTOCOLS

TARGETED MOBILITY. STRONGER JOINTS. LASTING RELIEF.



**ADDRESS THE CAUSE**  
Improve mobility, control and tissue quality.



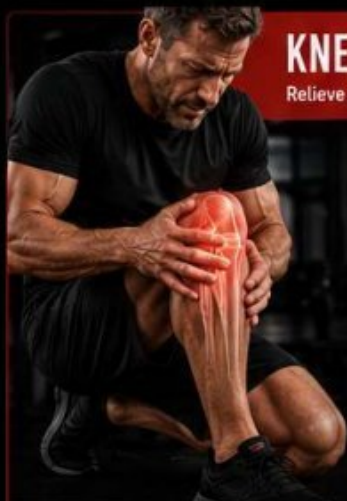
**REDUCE PAIN**  
Calm irritated tissues and restore movement.



**BUILD RESILIENCE**  
Strengthen supporting muscles and movement.



**STAY CONSISTENT**  
Small daily habits, massive long-term results.



## KNEE PAIN PROTOCOL

Relieve pain. Restore function. Build stability.

### COMMON CAUSES

- Tight hips, quads, calves
- Weak glutes and VMO
- Poor ankle mobility
- Imbalance & overuse
- Patellar tracking issues

### FOCUS AREAS

- 👤 Hip Mobility
- 👤 Ankle Mobility
- 👤 Quadriceps Flexibility
- 👤 Glute Activation
- 👤 Knee Control & Stability

### DAILY ROUTINE (15–20 MINUTES)

A MOBILITY & RELEASE (5–7 MIN)		
1		<b>QUAD FOAM ROLL</b> 60–90 sec per leg Loosen tight quads.
2		<b>HALF-KNEEL HIP FLEXOR STRETCH</b> 60 sec per side Open hips, reduce knee stress.
3		<b>CALF STRETCH (KNEE STRAIGHT &amp; BENT)</b> 45–60 sec each Improve ankle mobility.
B ACTIVATION & STRENGTH (7–10 MIN)		
4		<b>GLUTE BRIDGE</b> 12–15 reps Activate glutes and protect knees.
5		<b>LATERAL BAND WALK</b> 10–15 steps each way Strengthen hip abductors.
6		<b>SPLIT SQUAT</b> 8–12 reps per leg Build strength and control.
7		<b>WALL SIT</b> 30–45 sec Build quad endurance.
C CONTROL & INTEGRATION (3–5 MIN)		
8		<b>SINGLE LEG BALANCE</b> 30–60 sec per leg Improve knee stability and proprioception.
9		<b>STEP DOWN</b> 8–10 reps per leg Improve control and alignment.



### PRO TIPS

- ✓ Move daily. Consistency beats intensity.
- ✓ Manage load. Avoid deep pain or heavy impact.
- ✓ Build strength progressively.
- ✓ If pain persists, get assessed by a professional.



## SHOULDER PROTOCOL

Reduce pain. Improve range. Build strength.

### COMMON CAUSES

- Tight chest, lats, pecs
- Weak rotator cuff
- Poor scapular control
- Overhead overuse
- Thoracic stiffness

### FOCUS AREAS

- 👤 Thoracic Mobility
- 👤 Scapular Control
- 👤 Rotator Cuff Activation
- 👤 Posterior Shoulder Mobility
- 👤 Overhead Mechanics

### DAILY ROUTINE (15–20 MINUTES)

A MOBILITY & RELEASE (5–7 MIN)		
1		<b>LACROSSE BALL POSTERIOR SHOULDER</b> 60–90 sec per side Release tight posterior shoulder.
2		<b>CHILD'S POSE LAT STRETCH</b> 60 sec per side Lengthen lats and improve overhead range.
3		<b>THORACIC EXTENSION OVER FOAM ROLLER</b> 6–8 slow reps Improve upper back mobility.
B ACTIVATION & STRENGTH (7–10 MIN)		
4		<b>BAND EXTERNAL ROTATION</b> 12–15 reps per side Activate rotator cuff.
5		<b>SCAPULAR RETRACTION</b> 12–15 reps Strengthen mid & lower traps.
6		<b>INCLINE PUSH-UP (SCAPULAR CONTROL)</b> 8–12 reps Build shoulder stability and control.
7		<b>Y-T-W RAISE</b> 6–8 reps each position Build posterior shoulder strength.
C CONTROL & INTEGRATION (3–5 MIN)		
8		<b>WALL SLIDE</b> 8–10 slow reps Improve overhead control and scapular motion.
9		<b>OVERHEAD REACH (CONTROLLED)</b> 6–8 reps Integrate mobility and stability.



### PRO TIPS

- ✓ Keep shoulders down and back.
- ✓ Avoid shrugging or arching.
- ✓ Quality reps over quantity.
- ✓ Strengthen what moves you.



## FOLLOW THE PLAN. TRUST THE PROCESS.

Relief comes from understanding. Results come from consistency.



MOVE



FUEL



REST



REPEAT

# MOBILITY NUTRITION & LIFESTYLE

Fuel your body. Support your joints. Live for the long haul.



**REDUCE INFLAMMATION**  
Calm chronic inflammation that damages joints.



**SUPPORT TISSUE REPAIR**  
Provide the building blocks your body needs.



**OPTIMIZE RECOVERY**  
Recover better so you can move better.



**BUILD HABITS**  
Consistent daily choices create lasting results.

## 1 NUTRITION FOR STRONG, MOBILE JOINTS

### EAT FOR INFLAMMATION CONTROL



- Focus on whole, minimally processed foods.
- Prioritize omega-3s, colorful fruits & vegetables, and healthy fats.
- Limit sugar, refined carbs, and excessive alcohol.

### PROTEIN FOR TISSUE REPAIR



- Aim for 0.7–1.0 g of protein per lb of body weight.
- Spread across 3–4 meals daily.
- Great sources: fish, chicken, eggs, lean beef, Greek yogurt, tofu, whey protein.

### ESSENTIAL NUTRIENTS FOR JOINT HEALTH



- **Vitamin D:** supports bone & immune health (sunlight + foods)
- **Vitamin C:** collagen production (berries, citrus, peppers)
- **Magnesium:** muscle & nerve function (leafy greens, nuts)
- **Zinc:** tissue repair (meat, seeds)
- **Omega-3s:** inflammation control (fatty fish, flax, walnuts)
- **Collagen:** supports cartilage & connective tissue (bone broth, collagen peptides)

### HYDRATION & ELECTROLYTES



- Dehydration reduces joint lubrication and performance.
- Drink water consistently throughout the day.
- Add electrolytes, especially if you sweat or train hard.

### TIMING MATTERS



- Eat a balanced meal 1–2 hours before training.
- Post-workout: protein + carbs within 2 hours to support recovery.
- Don't skip meals—stable energy supports better movement.



**THE BOTTOM LINE:** Good nutrition is not about perfection—it's about consistency. Eat to support your joints today so you can move pain-free tomorrow.

## 2 LIFESTYLE PILLARS FOR LONG-TERM MOBILITY

### SLEEP DEEPER, MOVE BETTER



- Aim for 7–9 hours of quality sleep.
- Deep sleep drives tissue repair and hormone balance.
- Keep a consistent schedule.

### MANAGE STRESS, LOWER INFLAMMATION



- Chronic stress increases inflammation and muscle tension.
- Practice breathing, meditation, prayer, or journaling.
- Get outside. Nature heals.

### MOVE DAILY



- Aim for 6k–10k steps per day.
- Daily movement keeps joints nourished and muscles active.
- Consistency > intensity.

### MAINTAIN HEALTHY WEIGHT



- Excess weight increases joint load—especially in knees and hips.
- Even small weight loss reduces pain and improves function.

### POSTURE & MOVEMENT HABITS



- Sit tall. Hinge well. Squat deep.
- Avoid long periods of sitting—move often.
- Use supportive shoes and surfaces.

### RECOVERY IS TRAINING TOO



- Take rest days.
- Use mobility, stretching, and soft tissue work.
- Your body adapts during recovery.



**THE BOTTOM LINE:** Your lifestyle either compounds your progress—or your pain. Choose habits that support the life you want.

### SUPPLEMENTS THAT CAN HELP



- **Collagen Peptides** (10–15g/day)  
Supports cartilage & connective tissue.
- **Omega-3 Fish Oil** (1–3g/day)  
Reduces inflammation, supports joints.
- **Vitamin D3** (1000–5000 IU/day)  
Supports bone, immune & muscle health.
- **Magnesium** (200–400mg/day)  
Supports muscle function & recovery.
- **Turmeric/Curcumin** (500–1000mg/day)  
Natural anti-inflammatory support.

Always consult your doctor before starting any new supplement.

### HYDRATION GUIDE

**General rule:**  
Half your body weight (lbs) in ounces of water daily.

**EXAMPLE:**  
180 lbs = 90 oz of water per day



Add electrolytes if you sweat, train hard, or live in a hot climate.

**Best sources:** Water, electrolyte drinks, coconut water, mineral-rich foods.

### FOODS THAT SUPPORT MOBILITY



**Anti-Inflammatory:**  
Fatty fish, berries, leafy greens, olive oil, nuts, turmeric, ginger.



**Collagen Builders:**  
Bone broth, chicken, eggs, citrus fruits, bell peppers.

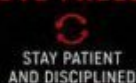


**Mineral Rich:**  
Spinach, almonds, pumpkin seeds, sweet potatoes.



**Gut Friendly:**  
Yogurt, kefir, sauerkraut, kimchi, bananas, oats.

MOBILITY IS BUILT ONE CHOICE AT A TIME.  
EAT WELL. LIVE WELL. MOVE FREELY.



Your body is designed to move. Take care of it, and it will carry you for a lifetime.

# SLEEP, TISSUE REPAIR + SUPPLEMENT STACK

RECOVER DEEPER. REPAIR FASTER. BUILD RESILIENCE.



## SLEEP DEEPER

Optimize hormones, restore nervous system balance.



## REPAIR TISSUES

Fuel muscle, tendon, ligament, and connective tissue.



## REDUCE PAIN

Lower inflammation and support joint resilience.



## PERFORM BETTER

More energy, strength, mobility, and long-term results.

## 1 SLEEP (THE FOUNDATION OF RECOVERY)

Deep, quality sleep is when your body does the majority of its repair and restoration.

### SLEEP TARGETS

- ✓ 7–9 hours of quality sleep per night
- ✓ Consistent sleep and wake times
- ✓ Deep sleep cycles (avoid frequent wake-ups)
- ✓ Optimize your sleep environment

### SLEEP OPTIMIZATION CHECKLIST

- 🌙 Keep room dark, cool (60–67°F / 15–19°C), and quiet
- 📵 No screens 60 minutes before bed
- ☕ Limit caffeine after noon
- 🍽️ Avoid heavy meals and alcohol before bed
- 🧘 Wind down with a relaxing routine (reading, breathing, stretch)
- 🌞 Morning sunlight exposure within 1 hour of waking



### PRO TIP

Your recovery is only as good as your sleep. Protect it like you protect your training.

## 2 TISSUE REPAIR (WHAT YOUR BODY NEEDS)

Your body repairs tissues in phases. Consistency with training, nutrition, and sleep accelerates the process.



### INFLAMMATION (0–72 HOURS)

Initial healing response. Rest, reduce load, manage stress.



### PROLIFERATION (3 DAYS–3 WEEKS)

New tissue forms. Collagen production ramps up.



### MATURATION (3 WEEKS–6 MONTHS)

Tissue strengthens and aligns along stress lines.



### REMODELING (6+ MONTHS)

Tissue continues adapting and becomes stronger.

### SUPPORT TISSUE REPAIR BY:

- ✓ Eating enough high-quality protein (1.6–2.2g/kg bodyweight)
- ✓ Hitting daily movement and mobility
- ✓ Managing inflammation (nutrition, stress, sleep)
- ✓ Progressively loading tissues (appropriate challenge over time)
- ✓ Staying consistent — time is the ultimate healer



### REMEMBER:

Tissue adapts slowly, but consistently. Trust the process and stay consistent.

## 3 SUPPLEMENT STACK (EVIDENCE-BACKED FOR JOINT & TISSUE HEALTH)

SUPPLEMENT	DOSE	BENEFITS	BEST TIME	NOTES
<b>COLLAGEN PEPTIDES</b> (Types I & III)	10–15g daily	Supports collagen synthesis in tendons, ligaments, cartilage, and connective tissue.	Morning or post-workout	Take with Vitamin C for better absorption.
<b>VITAMIN C</b>	500–1000mg daily	Essential for collagen production and tissue repair. Powerful antioxidant.	With meals	Spread dose if >1000mg to reduce GI upset.
<b>OMEGA-3 FISH OIL</b> (EPA/DHA)	2–3g EPA+DHA daily	Reduces inflammation, joint pain, and supports tissue healing.	With meals	Look for high-quality, third-party tested fish oil.
<b>VITAMIN D3</b> (+ K2)	2000–5000 IU D3 daily (K2: 100–200mcg)	Supports bone health, immune function, and muscle performance.	Morning with fat	Get levels tested. Aim for 40–60 ng/mL.
<b>MAGNESIUM</b> (Glycinate)	200–400mg daily	Supports muscle relaxation, sleep quality, and recovery.	Evening	Great for sleep and nervous system balance.
<b>TURMERIC</b> (Curcumin)	500–1000mg daily	Natural anti-inflammatory. May reduce joint pain and stiffness.	With meals	Use with black pepper extract (piperine) or bioavailable form.
<b>GLUCOSAMINE + CHONDROITIN</b>	1500mg / 1200mg daily	Supports cartilage health, joint lubrication, and mobility.	With meals	Best used consistently for 8–12 weeks.
<b>ZINC</b>	15–30mg daily	Supports tissue repair, immune function, and hormone health.	With meals	Don't exceed 40mg/day long-term.
<b>CREATINE MONOHYDRATE</b>	3–5g daily	Supports strength, muscle recovery, and cellular energy.	Any time	Stay hydrated. Great for active adults.

Always consult your healthcare professional before starting new supplements, especially if you have medical conditions or take medications.

## BONUS RECOVERY TOOLS



### PROTEIN

1.6–2.2g/kg bodyweight daily to fuel repair.



### HYDRATION

Aim for ½ your body weight (lbs) in ounces of water daily.



### BREATHWORK

Reduces stress, improves recovery, enhances sleep.



### SOFT TISSUE WORK

Use a foam roller or massage to improve circulation and reduce tension.



### SAUNA / HEAT

Improves circulation, reduces soreness, supports relaxation.



## THE BOTTOM LINE

Mobility isn't just about moving better today — it's about building a body that stays strong, resilient, and pain-free for decades. Sleep well. Fuel well. Recover deeply. Be consistent. The results will follow.



SLEEP



NUTRITION



MOVEMENT



RECOVERY



CONSISTENCY

# THE 12-WEEK MOBILITY TRANSFORMATION PLAN

A progressive 12-week system to unlock your mobility, build resilience, and move pain-free for life.



**MOVE BETTER**  
Improve range, control, and movement quality.



**FEEL BETTER**  
Reduce pain, tightness, and daily stiffness.



**PERFORM BETTER**  
More strength, speed, and endurance.



**STAY CONSISTENT**  
Simple daily habits. Lasting results.



**BUILD RESILIENCE**  
Stronger joints, tissues, and a bulletproof body.

PHASE	WEEKS	FOCUS	PRIMARY GOALS	KEY WORK	SESSIONS PER WEEK
<b>PHASE 1</b> <b>RESET &amp; FOUNDATION</b> Build the base. Restore movement.	1-2	Establish baseline mobility, reduce tension, and build foundation.	<ul style="list-style-type: none"> <li>✓ Improve baseline in all 5 mobility zones</li> <li>✓ Reduce tightness &amp; pain</li> <li>✓ Build daily consistency</li> </ul>	<ul style="list-style-type: none"> <li>• Tier 1: Foundation</li> <li>• Evening Flow</li> <li>• Breathing &amp; recovery</li> <li>• Basic movement quality</li> </ul>	<b>5-6</b> 3-4 morning 2 evening flows
<b>PHASE 2</b> <b>BUILD &amp; ACTIVATE</b> Build control. Increase range.	3-6	Increase active mobility, stability, and muscular control.	<ul style="list-style-type: none"> <li>✓ Expand range of motion</li> <li>✓ Build strength in new ranges</li> <li>✓ Improve movement quality and body awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Tier 2: Active Mobility</li> <li>• Strength in new ranges</li> <li>• Control &amp; stability drills</li> <li>• Increased volume</li> </ul>	<b>5-6</b> 3 active mobility 2-3 accessory or strength
<b>PHASE 3</b> <b>INTEGRATE &amp; PERFORM</b> Integrate strength. Move with freedom.	7-9	Integrate mobility into strength, power, and real-world movement.	<ul style="list-style-type: none"> <li>✓ Move freely in all planes</li> <li>✓ Enhance performance &amp; resilience</li> <li>✓ Handle more load with better positions</li> </ul>	<ul style="list-style-type: none"> <li>• Tier 3: Integration</li> <li>• Strength + mobility</li> <li>• Dynamic control</li> <li>• Performance patterns</li> </ul>	<b>4-5</b> 2-3 integration 1-2 strength or conditioning
<b>PHASE 4</b> <b>RESILIENT &amp; SUSTAINED</b> Lock it in. Live it daily.	10-12	Solidify gains, build resilience, and create a lifetime of mobility.	<ul style="list-style-type: none"> <li>✓ Maximize resilience &amp; injury resistance</li> <li>✓ Make mobility a lifestyle</li> <li>✓ Sustain long-term results effortlessly</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced variations</li> <li>• Load, speed, and complexity</li> <li>• Lifestyle &amp; habit mastery</li> <li>• Maintenance plan</li> </ul>	<b>4-5</b> 2-3 mobility 1-2 strength or conditioning

## 12-WEEK OVERVIEW AT A GLANCE

### WEEKS 1-2

#### RESET & FOUNDATION

Learn the movements. Build consistency. Create space.

- Tier 1 + Evening Flow
- Focus on recovery
- Build daily habits

### WEEKS 3-6

#### BUILD & ACTIVATE

Increase range and control. Add strength.

- Tier 2 + Strength
- Increase load gradually
- Challenge your limits

### WEEKS 7-9

#### INTEGRATE & PERFORM

Put it all together. Move better, perform better.

- Tier 3 + Performance
- Dynamic patterns
- Real-world carryover

### WEEKS 10-12

#### RESILIENT & SUSTAINED

Make it who you are. Sustain and thrive.

- Advanced work
- Lifestyle mastery
- Long-term success

## TRAINING FREQUENCY GUIDE



**MORNING**  
(ACTIVATE)

3-4x per week  
Tier 1 or Tier 2  
(15-25 min)



**EVENING**  
(RESTORE)

2-3x per week  
Tier 1 Evening Flow  
(10 min)



**STRENGTH**  
(INTEGRATE)

2-3x per week  
Strength / Power /  
Conditioning

## TRACK YOUR PROGRESS



Re-test the 5 Mobility Zones every 4 weeks.



Track your pain, stiffness, and movement quality (1-10 scale).



Take progress photos or videos.



Celebrate small wins.



Adjust the plan as needed.

*"What gets measured gets improved."*

## THE 5 CRITICAL MOBILITY ZONES

1



### ANKLES

Dorsiflexion, control, and stability

2



### HIPS

Flexion, extension, rotation, and control

3



### THORACIC SPINE

Rotation, extension, and mobility

4



### SHOULDERS

Overhead mobility and control

5



### LOWER BACK

Flexibility, control, and resilience

## THE DAILY MOBILITY SUCCESS FORMULA

- ✓ Move a little every day.
- ✓ Focus on quality, not just quantity.
- ✓ Breathe. Relax. Recover.
- ✓ Be patient and consistent.
- ✓ Trust the process.
- ✓ The results will follow.



**YOUR FUTURE SELF IS WATCHING.**  
**MOVE TODAY.**  
**THANK YOU TOMORROW.**



## PRO TIPS FOR LONG-TERM SUCCESS

- ✓ Consistency > Intensity
- ✓ Progress, don't perfection
- ✓ Listen to your body
- ✓ Recovery is training
- ✓ Stay patient and trust the process

# TROUBLESHOOTING COMMON QUESTIONS

YOUR QUESTIONS. CLEAR ANSWERS. BETTER RESULTS.



**Get Unstuck**  
Find the cause.  
Fix the problem.



**Stay Consistent**  
Adapt, don't quit.  
Progress over time.



**Train Smarter**  
Quality over quantity.  
Intent over intensity.



**Trust the Process**  
Mobility takes time.  
Results are worth it.



**Move Better**  
Live pain-free.  
Perform your best.

## 1. I'M NOT SEEING RESULTS. WHAT AM I DOING WRONG?



- ✓ Be consistent. Daily is better than perfect.
- ✓ Focus on quality, not just going through the motions.
- ✓ Follow the plan. Don't skip steps or rush progression.
- ✓ Address your specific weak areas.
- ✓ Support recovery; sleep, nutrition, and hydration.
- ✓ Give it time. Real change takes 4-12+ weeks.

**TIP:** Track your progress. Small improvements add up fast!

## 2. I FEEL SORE AFTER MOBILITY. IS THAT NORMAL?



Mild soreness (like a workout) can happen when you challenge new ranges.

### Normal:

- ✓ Mild muscle soreness for 24-48 hours
- ✓ Feeling of looseness or fatigue

### Not Normal:

- ✗ Sharp joint pain
- ✗ Pinching or increased pain
- ✗ Pain that lasts more than 2-3 days

**TIP:** Back off the intensity or range. Progress gradually. Pain is not progress.

## 3. HOW LONG SHOULD I HOLD STRETCHES?



**BEGINNER**  
20-30 sec  
per side

Focus on learning positions and breathing.



**INTERMEDIATE**  
30-60 sec  
per side

Use longer holds to improve tissue adaptation.



**ADVANCED**  
60-90 sec  
per side

Add intensity or progress into deeper ranges.

**TIP:** It's about the total time under tension, not one long hold.

## 4. SHOULD I DO MOBILITY EVERY DAY?

YES, IF YOU CAN.

- ✓ Daily mobility = faster results and less pain.
- ✓ Even 10-15 minutes makes a difference.

Listen to Your Body



Adjust based on:

- Fatigue
- Soreness
- Time available

Minimum Effective Dose



Do at least 10 minutes daily to maintain and improve mobility.

**TIP:** Consistency > Duration. Do what you can, every day.

## 5. WHAT IF A STRETCH OR EXERCISE HURTS?



- ✗ **Stop.** Sharp pain = stop immediately.
- ✗ **Reassess the movement.** Are you in too deep, too fast?
- ✗ **Reduce intensity or range.** Back off 10-20%.
- ✗ **Check your form and breathing.** Tension + poor breathing = pain.
- ✗ **Address the root cause.** Weakness, tightness, or poor control.

**TIP:** Discomfort is OK. Pain is a signal. Respect it and adjust.

## 6. HOW DO I KNOW WHAT TO FOCUS ON?

Assess Your 5 Zones

- 1 Ankles
- 2 Hips
- 3 Thoracic Spine
- 4 Shoulders
- 5 Lower Back



Ask Yourself:

- ✓ Where do I feel tight or restricted?
- ✓ Where do I feel pain or discomfort?
- ✓ Where is my movement weakest?
- ✓ Where does my body compensate?
- ✓ Where do I want to improve performance or aesthetics?

**TIP:** Fix the weakest link. It affects the whole chain.

## 7. I DON'T HAVE MUCH TIME. WHAT SHOULD I DO?



- 2-3 min Breathing & Reset
- 3-5 min Mobility Flow (Tier 1)
- 3-5 min Focus Area Work
- 1-2 min Integration / Activation

**TIP:** Short, focused sessions beat long, inconsistent ones.

## 8. HOW LONG UNTIL I'M PAIN-FREE OR FULLY MOBILE?

It depends on:

- ✓ How long the issue has existed
- ✓ Your consistency
- ✓ Your overall lifestyle
- ✓ Your body's unique response

**FOCUS ON PROGRESS, NOT PERFECTION.**

Every small win counts.



**General Timeline:**  
Notice improvement: 2-4 weeks  
Significant change: 6-12 weeks  
Full transformation: 3-12+ months

## BONUS: QUICK REFERENCE SOLUTIONS



**Tight Hips?**  
Do hip flows, pigeon, 90/90, and glute activation.



**Lower Back Pain?**  
Focus on hips, hamstrings, T-spine, and core control.



**Shoulder Pain?**  
Improve T-spine mobility and scapular control. Strengthen rotators.



**Knee Pain?**  
Work on ankles, hips, quads, glutes, and movement control.



**Stiff All Over?**  
Do full-body flows, breathwork, and recovery consistently.



**Not Motivated?**  
Remember your "why." Start small. Discipline creates freedom.



**KEEP LEARNING. KEEP MOVING. KEEP GROWING.**  
YOUR BODY IS CAPABLE OF MORE THAN YOU THINK.



BE PATIENT



BE CONSISTENT



BE INTENTIONAL



ENJOY THE JOURNEY

# 30-DAY QUICK START CALENDAR

30 DAYS TO MOVE BETTER, FEEL BETTER, LIVE BETTER.



**BUILD CONSISTENCY**  
Small daily actions create big results.



**IMPROVE MOBILITY**  
Increase range, reduce tightness and pain.



**BUILD RESILIENCE**  
Stronger joints, better movement, fewer setbacks.



**SEE PROGRESS**  
Track daily. Stay consistent. Celebrate wins.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WEEK 1</b> <b>RESET &amp; FOUNDATION</b> Build the base. Establish habits. Focus on recovery and consistency.	✓ Tier 1: Evening Flow ✓ 5-10 min breathing & recovery  10-20 MIN	✓ Tier 1: Evening Flow ✓ Focus Area: Ankles  10-20 MIN	✓ Tier 1: Evening Flow ✓ Focus Area: Hips  10-20 MIN	✓ Tier 1: Evening Flow ✓ Focus Area: T-Spine  10-20 MIN	✓ Tier 1: Evening Flow ✓ Focus Area: Shoulders  10-20 MIN	Active Recovery Walk, easy movement or stretching  15-20 MIN	Rest & Reflect Light stretching Track your progress  10-15 MIN

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>WEEK 2</b> <b>BUILD &amp; ACTIVATE</b> Add movement. Improve control. Increase range and stability.	✓ Tier 2: Active Mobility Lower Body  15-25 MIN	✓ Tier 2: Active Mobility Upper Body  15-25 MIN	✓ Tier 2: Active Mobility Full Body Flow  15-25 MIN	✓ Tier 1: Evening Flow + Core Activation  15-20 MIN	✓ Tier 2: Active Mobility Balance & Stability  15-25 MIN	Active Recovery Walk, mobility or yoga  15-20 MIN	Rest & Reflect Track progress Take photos or notes  10-15 MIN

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>WEEK 3</b> <b>INTEGRATE &amp; PERFORM</b> Link mobility with strength. Move better in real life.	✓ Tier 3: Integration Lower Body Strength + Mobility  20-30 MIN	✓ Tier 3: Integration Upper Body Strength + Mobility  20-30 MIN	✓ Tier 3: Integration Full Body Flow  20-30 MIN	✓ Tier 1: Evening Flow + Core & Breathing  15-20 MIN	✓ Tier 3: Integration Power & Control  20-30 MIN	Active Recovery Walk, stretch or easy ride  20-30 MIN	Rest & Reflect Track progress Celebrate small wins  10-15 MIN

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>WEEK 4</b> <b>RESILIENT &amp; SUSTAINED</b> Level up. Build resilience. Make it a lifestyle.	✓ Tier 3: Integration Lower Body Advanced  20-30 MIN	✓ Tier 3: Integration Upper Body Advanced  20-30 MIN	✓ Tier 3: Integration Full Body Performance  20-30 MIN	✓ Tier 1: Evening Flow + Mobility Maintenance  15-20 MIN	✓ Tier 3: Integration Strength + Mobility Complex  20-30 MIN	Active Recovery Movement you enjoy (hike, swim, yoga, etc.)  20-40 MIN	Rest & Reflect Review your 30-day progress Plan next 30 days  10-15 MIN

DAY 29	DAY 30
Your Choice Repeat your favorite flow or focus area  15-30 MIN	Celebrate! You did it. Keep going. This is just the beginning.  10-20 MIN

### DAILY SUCCESS FORMULA

 <b>MOVE</b> Do your daily session. Even 10 minutes counts.	 <b>FUEL</b> Eat whole foods. Hydrate. Get enough protein and nutrients.	 <b>REST</b> Sleep 7-9 hours. Recovery is when you improve.	 <b>TRACK</b> Track your sessions, progress and how you feel.	 <b>MINDSET</b> Stay patient, stay consistent, trust the process.
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<b>FOCUS AREAS REFERENCE</b> <ul style="list-style-type: none"> <li>● ANKLES: Dorsiflexion, control, and stability</li> <li>● HIPS: Flexion, extension, rotation, and control</li> <li>● T-SPINE: Rotation, extension, and mobility</li> <li>● SHOULDERS: Overhead mobility and control</li> <li>● LOWER BACK: Flexibility, control, and resilience</li> </ul>	<b>TIER GUIDE</b> <p>Tier 1: Foundation – Recovery, mobility, and essential movement quality.</p> <p>Tier 2: Active Mobility – More range, stability, and control.</p> <p>Tier 3: Integration – Strength, power, and real-world performance.</p>	<b>PROGRESS CHECKPOINTS</b> <ul style="list-style-type: none"> <li>✓ Day 7: How do you feel? More loose? Less pain?</li> <li>✓ Day 14: More control and energy?</li> <li>✓ Day 21: Stronger? Moving better?</li> <li>✓ Day 30: Review progress. Set new goals.</li> </ul>
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**CONSISTENCY TODAY. FREEDOM TOMORROW.**

**ONE DAY AT A TIME. YOU'VE GOT THIS.**



Miss a day? No problem. Just come back and keep going. Progress is not perfection.

# FINAL WORD: MOVEMENT IS MEDICINE



## STRONGER BODY. CALMER MIND. BETTER LIFE.

You now have the roadmap. The knowledge. The tools.  
But transformation doesn't come from knowing—  
it comes from doing.

Your body is built to move. Move with purpose. Move with consistency.  
**MOVE FOR YOUR HEALTH. MOVE FOR YOUR FUTURE.**

### WHAT MOVEMENT DOES FOR YOU



#### BUILDS RESILIENCE

Stronger joints, muscles, and connective tissue.



#### IMPROVES PERFORMANCE

More strength, better mobility, greater endurance.



#### BOOSTS MENTAL HEALTH

Reduces stress, improves mood, sharpen focus.



#### SUPPORTS LONGEVITY

Move well today, live well tomorrow, for years to come.



#### ENHANCES QUALITY OF LIFE

More energy, less pain, more freedom.

### KEY PRINCIPLES TO REMEMBER

- ✓ **CONSISTENCY > INTENSITY** – Small, daily actions create big change.
- ✓ **MOVEMENT EVERY DAY** – Your body thrives on regular use.
- ✓ **QUALITY OVER QUANTITY** – Move well. Your future self will thank you.
- ✓ **PROGRESS, NOT PERFECTION** – Strive to improve, not to be perfect.
- ✓ **LISTEN TO YOUR BODY** – Respect pain. Adjust and keep going.
- ✓ **RECOVER TO IMPROVE** – Rest, sleep, and nutrition fuel progress.
- ✓ **LIFESTYLE MATTERS** – Movement, nutrition, sleep, and mindset work together.

### YOUR COMMITMENT

You don't need motivation.  
You need commitment.  
Commit to showing up for yourself.  
Commit to your health.  
Commit to becoming the strongest, most capable version of you.

★  
**YOU ARE WORTH THE EFFORT.  
YOU ARE WORTH THE TIME.  
YOU ARE WORTH IT.**

### YOUR ACTION PLAN

#### 1 START TODAY



- ✓ Pick your program.
- ✓ Do your first session.
- ✓ Make it non-negotiable.

THE BEST DAY TO START WAS YESTERDAY.  
THE NEXT BEST DAY IS **TODAY.**

#### 2 BUILD THE HABIT



- ✓ Schedule your sessions.
- ✓ Stack habits.
- ✓ Protect your time.

HABITS BUILD YOUR FUTURE.

#### 3 TRACK & ADJUST



- ✓ Track your workouts.
- ✓ Track how you feel.
- ✓ Adjust as you grow.

WHAT GETS TRACKED GETS IMPROVED.

#### 4 STAY PATIENT



- ✓ Trust the process.
- ✓ Results take time.
- ✓ Keep showing up.

CONSISTENCY TODAY. TRANSFORMATION TOMORROW.

#### 5 NEVER STOP GROWING



- ✓ Keep learning.
- ✓ Keep challenging yourself.
- ✓ Keep moving forward.

GROWTH IS A LIFELONG JOURNEY, NOT A FINISH LINE.

### REMEMBER:

**IT'S NOT ABOUT BEING THE BEST.  
IT'S ABOUT BEING BETTER  
THAN YOU WERE YESTERDAY.  
KEEP MOVING. KEEP IMPROVING.  
KEEP BECOMING.**



MOVE WITH PURPOSE.



EAT TO FUEL.



SLEEP TO RECOVER.



REPEAT FOR LIFE.



YOUR BODY IS CAPABLE OF AMAZING THINGS.  
**GO SHOW IT WHAT YOU'VE GOT.**



MOVEMENT IS MEDICINE. USE IT DAILY. LIVE BETTER. LIVE LONGER.

