

**BACK TO THE BASICS SERIES:
REAL FITNESS RESULTS – June 6, 2016**

Daily Mobility Routine – The AGILE 8

Joe DeFranco popularized a mobility/flexibility routine, called the Agile 8, which became hugely successful, due to its immediate benefits. Performing this routine 1-2x every day, and before working out, is highly recommended. This will reduce stiffness, improve joint health, and increase flexibility.

1. Foam Roll IT Bands (outer leg)
2. Foam Roll Hip Adductors (inner leg)
3. Foam Roll Piriformis (Roller or Lacrosse Ball - Glutes)
4. Roll to V-Sit Stretch (Rollovers)
5. Fire Hydrants
6. Froggers
7. Groiners
8. Hip Flexor/Quad Stretch

See routine here: <https://www.youtube.com/watch?v=3B-3Khbht5s>

For an upper body-specific routine, to improve shoulder health, consider performing these additional exercises, daily, or when needed:

1. Foam Roll: T-Spine + Surrounding Upper Back
2. Foam Roll: Lat/Shoulder Insertion (back armpit)
3. Side Lying Internal Rotation (shoulder capsule stretch)

See routine here:

<https://www.youtube.com/watch?v=cgxr6xAB5ZM>