

Free CrossFit Mobility and Flexibility Workout Plan

Regularly perform this mobility and flexibility routine to see improvements in your CrossFit performance and overall well-being. Focus on deep, controlled breathing during your stretches to enhance the effectiveness and promote relaxation.

Increase the duration of holds and the number of reps as you become more flexible and comfortable with the exercises.

Note: *If any exercise causes pain, stop immediately. It's crucial to differentiate between the sensation of stretching and pain.*

Day 1: Lower body mobility

- **Deep Squat Hold:** 3 sets of 30 seconds hold
- **Lunges with a Twist:** 3 sets of 10 reps per leg
- **Calf Stretch Against Wall:** 3 sets of 30 seconds per leg
- **Hamstring Stretch with Band:** 3 sets of 30 seconds per leg

Day 2: Upper body mobility

- **Wall Slides:** 3 sets of 15 reps
- **Band Pull-Aparts:** 3 sets of 15 reps
- **Shoulder Dislocates:** 3 sets of 10 reps
- **Thoracic Spine Opener:** 3 sets of 30 seconds hold

Day 3: Core and back flexibility

- **Pigeon Pose:** 3 sets of 30 seconds per side
- **Ankle Mobility Stretch:** 3 sets of 30 seconds per side
- **Plank:** 3 sets of 1 minute
- **Cat-Cow Stretch:** 3 sets of 15 reps

Day 4: Active recovery

- Light jogging or walking for 20-30 minutes
- Gentle stretching focusing on areas of tightness

Day 5: Full body mobility

- **Repeat a selection of exercises from Days 1 and 2 that you find most beneficial.** Focus on areas that feel particularly tight or limited in movement.

Day 6: Flexibility focus

- Choose exercises from Day 3 and add any yoga poses you find beneficial for flexibility, such as the **Downward Dog** or **Warrior poses**.

Day 7: Rest or light activity

- Engage in light activities such as walking, a gentle yoga session, or foam rolling to aid recovery and prepare for the upcoming week.