



MID-RANGE



WALL PROGRAM 2023



HYPERMOBILITY
SOLUTION

Sidelying Hip Abduction at Wall

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



SETUP

Begin lying on your side with your bottom leg bent, your top leg straight, and your heels against a wall.

MOVEMENT

Slowly raise your leg up, sliding your heel along the wall, then lower it back down, and repeat. Keep your movement controlled.

TIP

- Make sure to keep your hips facing forward during the exercise.
- Use your glut muscle along the outside of your hip. Not your back or your inner thigh.

Scapular Protraction at Wall

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



SETUP

Begin standing with your hands resting on a wall in front of you at shoulder height.

MOVEMENT

Gently lean on your arms adding as little or as much body weight as you like. Push your upper back away from the wall, rounding your upper back and pulling your shoulder blades apart, then relax allowing your shoulder blades to come back together and repeat.

TIP

- Make sure to keep the rest of your body straight during the exercise.
- Do not use your neck.
- Keep elbow straight and facing each other.
- Move onto your fists if your wrists are sore.

Supine Bridge on Wall

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



STEP 01



STEP 02

SETUP

Begin lying on your back with your knees bent and feet resting flat on a wall.

MOVEMENT

Slowly lift your hips up into a bridge position using your glut muscles. Hold briefly, then lower back down to the starting position and repeat.

TIP

- Make sure to you do not arch your back during the exercise.
- Do not use your back and if you are getting cramping in your hamstrings you need to use more glut muscle, less hamstring.
- Lift only to straight, do not over extend.

Wall Quarter Squat

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



SETUP

Begin standing upright in front of a wall.

MOVEMENT

Keep feet 1 step away from the wall. Lean back into the wall and squat down against the wall until your knees bend to 45 degrees, and hold this position. Keep your back flat on the wall using your abdominal muscles. Use your quad muscles on the front of your thighs and your gluts to hold you up. Slide back up the wall and repeat.

TIP

- Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.
- If you don't have an open wall in your home, try a door.



Scapular Wall Slides

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



SETUP

Begin standing facing a wall. Place the sides of your hands on the wall at chest height.

MOVEMENT

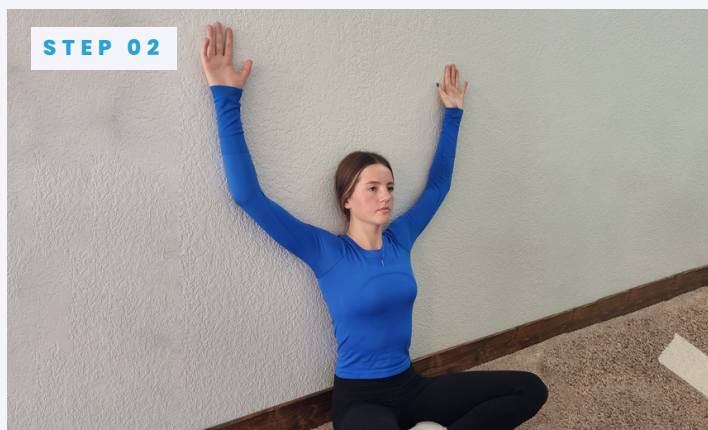
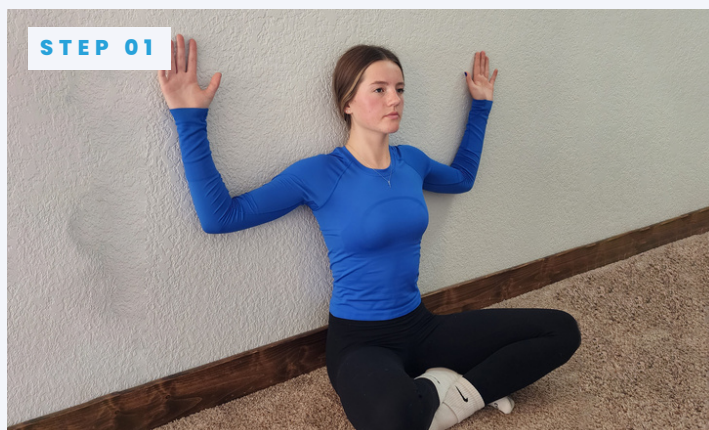
Slowly slide your hands up overhead, engaging your shoulder blades. Hold briefly, then slide your hands back to the starting position and repeat.

TIP

Make sure to maintain a neutral neck position and don't tighten your neck muscles.

Sitting Wall Angels

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 5



SETUP

Begin sitting with your back against a wall, legs crossed, and your arms out to the side with your elbows bent to 90 degrees.

MOVEMENT

Slowly straighten your arms sliding them upward, then lower them back down to the starting position, and repeat keeping your back on the wall using your abdominal muscles.

TIP

- Make sure to keep your back and arms in contact with the wall, and do not shrug your shoulders or arch your lower back during the exercise. Only raise your arms as far as you can without causing pain.
- Start small