



KEEPING YOU STRONG

Sustained Strength 101 – Mobility

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TiremeFit.com



The Curriculum

Curriculum Overview

Welcome to The Curriculum from Sustrained-Strength.com. This is a new approach to your peak fitness. This isn't a typical online workout program, it is a customized fitness education modeled on a university degree.

Just like a university education, you will choose a major and minor and we will design specific coursework for you in the gym to achieve your goals.

- The courses become more challenging as you become more fit. The 100 series is all about the fundamentals. You will start with proper body

mechanics, test your mobility, while we coach you through a full range of motion, and then transition you to the exercise programming that you need to meet your goals.

- Intensity and effort increase during the 200 series;
- During the 300 series you will start to specialize toward your major and minor;
- During the 400 series you will choose a graduation date and we will tailor your program for you to hit your chosen peak fitness goals on that date.





Course Description

Sustained-Strength 101 (SS-101) is a 2-week free course focused on assessing your range of movement, identifying any injuries or limitations, and improving your readiness for more challenging workouts. The course emphasizes three key areas of mobility for resistance training; the shoulders, the thoracic spine, and the hips.

Video tutorials

Each exercise includes a technique tutorial on YouTube. The course intro video will get you started: <https://youtu.be/121gt76RfXY>

Learning objective

The SS-101 course guides you through a series of mobility techniques that will ensure you are moving well, minimizing injury risk, and ready for the next course. The course will teach correct movement patterns that apply in a vast range of resistance training and daily movements. Once mastered, your improved mobility will minimize injury risk, maximize power output, reduce joint wear and tear, and prevent muscle imbalances over time.

Why we care about mobility

Mobility is the root of strength. There is little value in big muscles on a body that can't move well. This course will improve your body's ability to push, pull, squat, hinge, lunge, carry, rotate and run. This course is intended to anyone coming back to the gym after a long layoff, or who spends much of their day at a desk or hunched over their phone. The workouts only run about 30 minutes but they will set you up with lifelong tools to counter the stiffness and immobility that may be holding you back.

Course duration

Three workouts per week, for two weeks. A total of six workouts.

Advancement criteria

In the last week of SS-101 you will test your (now improved) shoulder, thoracic, and hip mobility. You must achieve at least ten percent improved mobility across each of the three areas (shoulders, hips, and thoracic spine) to advance to the next course.

We recommend you film or record your performance of the week one workouts and then compare them to your mobility at the end of week two. You should notice a visible improvement in your range of motion, or duration or loading (or all three) for each mobility exercise. If not, simply run the course for another two weeks until you meet the advancement criteria.

WEEK 1

Workout 1 (Hip & Lower Back Mobility)

Cross Friction Foam Rolling for Legs

1 set, Soleus 4 rotations each leg

 **YouTube** <https://youtu.be/a9uIHlgzmmI>

1 set, Rectus Femorus 4 rotations per leg

 **YouTube** <https://youtu.be/gjgb6je-z0A>

1 set, Vastus Medialis 4 rotations per leg

 **YouTube** https://youtube.com/shorts/IBErWHGJq_k

1 set, Vastus Lateralis 4 rotations per leg

 **YouTube** <https://youtube.com/shorts/UPRFrK0rta0>

Banded Hip Extensions

1 set, 10 reps perpendicular to anchor, 2 sec hold

 **YouTube** https://youtube.com/shorts/g1O5RY1uK_0

1 set, 10 reps facing away from the anchor, 2 sec holds

 **YouTube** <https://youtu.be/eHt1tfqah8g>

1 set, 10 reps per leg quadruped position

 **YouTube** <https://youtube.com/shorts/ABkvfOpfwK0>

Banded Internal Rotation

1 set, 10 per leg

 **YouTube** <https://youtube.com/shorts/qs1cbCRDiyY>

Kettlebell Weight Shift

1 set, 10 reps each direction, 2 sec holds lbs

 **YouTube** <https://youtube.com/shorts/8Enlau0pRM8>

Dynamic Low Back Stretch

1 set, 5 rotations each leg

 **YouTube** <https://youtu.be/HOTpAkiPZb8>

**Date
Completed**

Dynamic Child's Pose

1 set, 8 reps each side, 3 second hold each rep, 30 second hold final rep each side

 **YouTube**
<https://youtube.com/shorts/YXYlvcf-kns>

Walking Runner's Lunge

1 set, 8 reps per leg, alternating

 **YouTube**
<https://youtube.com/shorts/dPHd35NzZcM>

Walking Hamstring Stretch

1 set, 20 strides

 **YouTube**
<https://youtube.com/shorts/u8bL3kOh4SA>

Stabilized Reverse Lunge

2 sets, 10 reps per leg

 **YouTube**
<https://youtube.com/shorts/sPwHI53sfEw>

WEEK 1

Workout 2 (Shoulder & Upper Back Mobility)

Chicken Wing Stretch

1 set, 40 seconds per arm

 **YouTube** <https://youtu.be/1VkO9LtRPDw>

Quadruped Thread-the-Needle

1 set, 5 deep breaths per side

 **YouTube** <https://youtu.be/CtB3QBoylWc>

Chest-supported Mid-Trapezius/Rhomboid Activation

1 set, 10 reps

 **YouTube** <https://youtube.com/shorts/3el-eGX9PI0>

Chest-supported Lower-Trapezius Single Arm Activation

1 set, 10 reps per arm weight pounds

 **YouTube** <https://youtube.com/shorts/ayks2vCCANM>

Cat/Cow w/ emphasis on thoracic extension/flexion and internal rotation

 **YouTube** <https://youtube.com/shorts/#>

Scapular Pushup, w/ emphasis on protracting the shoulder blades at the top

1 set, 10 reps

 **YouTube** <https://youtu.be/77A2vl8RRao>

Kettlebell Bottom Up Press

2 sets, 10 reps per arm, weight pounds

 **YouTube** https://youtu.be/w5a0htQ_ALk

Foam Roller Weighted Thoracic Extension

1 set, 10 reps, weight pounds

 **YouTube** https://youtube.com/shorts/5MUY_fJYMwQ

Date Completed

Foam Roller Snow Angel

1 set, 10 reps

 **YouTube** <https://youtube.com/shorts/LrklQvSIHxg>

Pectoralis Minor Roll

1 set, 45 seconds per arm

 **YouTube** <https://youtube.com/shorts/#>

Supinated Pectoralis Stretch

1 set, 45 secs per arm

 **YouTube** <https://youtube.com/shorts/Q2Q3hjsdKUI>

Latissimus Dorsi Dowel Stretch

1 set, 10 reps

 **YouTube** <https://youtu.be/YGB15OpReTY>

Dumbbell Windmill

2 sets, 10 reps per side, weight pounds

 **YouTube** <https://youtu.be/rUuYOmpOTB0>



WEEK 1

Workout 3 (Full Body Mobility)

Bar Hang

1 set, 45 seconds (use wrist wraps if your grip fails)

 **YouTube** https://youtube.com/shorts/iTQd_AW9HAo

Scapular Pull Up

1 set, 10 reps at bodyweight (use wrist wraps if your grip fails)

 **YouTube** https://youtube.com/shorts/CZupc_TFcl8

Banded Lat Stretch

1 set, 45 seconds per arm

 **YouTube** <https://youtube.com/shorts/ilaf2i2B83k>

Banded Rear Deltoid Stretch

1 set, 45 seconds per arm

 **YouTube** <https://youtube.com/shorts/4JNU9SHlhql>

Banded Dislocates

1 set, 10 reps

 **YouTube** <https://youtu.be/V1gmBCurbuE>

Banded Pull Apart

2 sets, 12 reps

 **YouTube** <https://youtu.be/7VAwoRVVqmM>

Face pull w/ external rotation

2 sets, 12 reps, weight pounds

 **YouTube** https://youtu.be/me_Uz5fAkw8

Catcher's Squat w/ Alternating Internal/ External Rotations

1 set, 10 reps each direction

 **YouTube** <https://youtube.com/shorts/V0ZwUkiajw8>

**Date
Completed**

Assisted Cossack Squat

2 sets, 16 reps

 **YouTube**
<https://youtube.com/shorts/2FhSNY8xRLA>

Couch Stretch

60 secs per leg

 **YouTube**
<https://youtu.be/CHnctFZVkMA>

Dynamic Frog

1 set, 60 seconds

 **YouTube**
<https://youtube.com/shorts/wFQdboKptgE>

Dynamic Pigeon

1 set, 45 seconds per leg

 **YouTube**
<https://youtube.com/shorts/d41UpqzTmII>

WEEK 2

Workout 4 (Hip & Lower Back Mobility)

Cross Friction Foam Rolling for Legs

1 set, Soleus 5 rotations each leg

 **YouTube** <https://youtu.be/a9uIHlgzmmI>

1 set, Rectus Femorus 5 rotations per leg

 **YouTube** <https://youtu.be/gjgb6je-z0A>

1 set, Vastus Medialis 5 rotations per leg

 **YouTube** https://youtube.com/shorts/IBErWHGJq_k

1 set, Vastus Lateralis 5 rotations per leg

 **YouTube** <https://youtube.com/shorts/UPRFrK0rta0>

Banded Hip Extensions

1 set, 12 reps perpendicular to anchor, 2 sec hold

 **YouTube** https://youtube.com/shorts/g1O5RY1uK_0

1 set, 12 reps facing away from the anchor, 2 sec holds

 **YouTube** <https://youtu.be/eHt1tfqah8g>

1 set, 12 reps per leg quadruped position

 **YouTube** <https://youtube.com/shorts/ABkvfOpfwK0>

Banded Internal Rotation

1 set, 12 per leg

 **YouTube** <https://youtube.com/shorts/qs1cbCRDiyY>

Kettlebell Weight Shift

1 set, 12 reps each direction, 2 sec holds lbs

 **YouTube** <https://youtube.com/shorts/8Enlau0pRM8>

Dynamic Low Back Stretch

1 set, 8 rotations each leg

 **YouTube** <https://youtu.be/HOTpAkiPZb8>

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Dynamic Child's Pose

1 set, 10 reps each side, 3 second hold each rep, 30 second hold final rep each side

 **YouTube**
<https://youtube.com/shorts/YXYlvcf-kns>

Walking Runner's Lunge

1 set, 10 reps per leg, alternating

 **YouTube**
<https://youtube.com/shorts/dPHd35NzZcM>

Walking Hamstring Stretch

1 set, 25 strides

 **YouTube**
<https://youtube.com/shorts/u8bL3kOh4SA>

Stabilized Reverse Lunge

2 sets, 12 reps per leg

 **YouTube**
<https://youtube.com/shorts/sPwHI53sfEw>

WEEK 2

Workout 5 (Shoulder & Upper Back Mobility)

Chicken Wing Stretch

1 set, 60 seconds per arm

 **YouTube** <https://youtu.be/1VkO9LtRPDw>

Quadruped Thread-the-Needle

1 set, 8 deep breaths per side

 **YouTube** <https://youtu.be/CtB3QBoylWc>

Chest-supported Mid-Trapezius/Rhomboid Activation

1 set, 12 reps

 **YouTube** <https://youtube.com/shorts/3el-eGX9PI0>

Chest-supported Lower-Trapezius Single Arm Activation

1 set, 12 reps per arm weight pounds

 **YouTube** <https://youtube.com/shorts/ayks2vCCANM>

Cat/Cow w/ emphasis on thoracic extension/flexion and internal rotation

 **YouTube** <https://youtube.com/shorts/#>

Scapular Pushup, w/ emphasis on protracting the shoulder blades at the top

1 set, 12 reps

 **YouTube** <https://youtu.be/77A2vl8RRao>

Kettlebell Bottom Up Press

2 sets, 12 reps per arm, weight pounds

 **YouTube** https://youtu.be/w5a0htQ_ALk

Foam Roller Weighted Thoracic Extension

1 set, 12 reps, weight pounds

 **YouTube** https://youtube.com/shorts/5MUY_fJYMwQ

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Foam Roller Snow Angel

1 set, 12 reps

 **YouTube** <https://youtube.com/shorts/LrklQvSIHxg>

Pectoralis Minor Roll

1 set, 60 seconds per arm

 **YouTube** <https://youtube.com/shorts/#>

Supinated Pectoralis Stretch

1 set, 60 secs per arm

 **YouTube** <https://youtube.com/shorts/Q2Q3hjsdKUI>

Latissimus Dorsi Dowel Stretch

1 set, 12 reps

 **YouTube** <https://youtu.be/YGB15OpReTY>

Dumbbell Windmill

2 sets, 12 reps per side, weight pounds

 **YouTube** <https://youtu.be/rUuYOmpOTB0>



WEEK 2

Workout 6 (Full Body Mobility)

Bar Hang

1 set, 60 seconds (use wrist wraps if your grip fails)

 **YouTube** https://youtube.com/shorts/iTQd_AW9HAo

Scapular Pull Up

1 set, 12 reps at bodyweight (use wrist wraps if your grip fails)

 **YouTube** https://youtube.com/shorts/CZupc_TFcl8

Banded Lat Stretch

1 set, 60 seconds per arm

 **YouTube** <https://youtube.com/shorts/ilaf2i2B83k>

Banded Rear Deltoid Stretch

1 set, 60 seconds per arm

 **YouTube** <https://youtube.com/shorts/4JNU9SHlhqI>

Banded Dislocates

1 set, 12 reps

 **YouTube** <https://youtu.be/V1gmBCurbuE>

Banded Pull Apart

2 sets, 15 reps

 **YouTube** <https://youtu.be/7VAwoRVVqmM>

Face pull w/ external rotation

2 sets, 15 reps, weight pounds

 **YouTube** https://youtu.be/me_Uz5fAkW8

Catcher's Squat w/ Alternating Internal/ External Rotations

1 set, 12 reps each direction

 **YouTube** <https://youtube.com/shorts/V0ZwUkiajw8>

**Date
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Assisted Cossack Squat

2 sets, 20 reps

 **YouTube**
<https://youtube.com/shorts/2FhSNY8xRLA>

Couch Stretch

60 secs per leg

 **YouTube**
<https://youtu.be/CHnctFZVkMA>

Dynamic Frog

1 set, 90 seconds

 **YouTube**
<https://youtube.com/shorts/wFQdboKptgE>

Dynamic Pigeon

1 set, 60 seconds per leg

 **YouTube**
<https://youtube.com/shorts/d41UpqzTmII>



SS-101 Final Exam

SS-101 Final Exam

You have completed the second, and final, week of SS-101. You have two options to assess your readiness to advance to SS-102, Intro to Dumbbells:

Option 1

Remember the videos you took in week one? Now compare your current mobility to your (hopefully improved) shoulder, thoracic, and hip mobility. If you have achieved at least ten percent improved mobility across each of the three areas (shoulders, hips, and thoracic spine), then you are ready to advance to the next course, SS-102.

Option 2

Review the exercises you completed in week two. Each week two exercise was designed to require at least ten percent improved performance across each of the three areas (shoulders, hips, and thoracic spine) in either duration (time), volume (reps), or loading (weight) when compared week one.

What if I didn't meet the advancement criteria?

If for some reason you did not progress at least ten percent across each exercise, no problem. Simply run the course (it's free) for another two weeks until you meet the advancement criteria. If you failed to meet the advancement criteria in only a handful of exercises, feel free to advance other the next course while retaining the mobility exercises you still need to improve.