

Mobility Guide for Men Over 40

10 Home Stretches to Improve Back, Hip, and Shoulder Range of Motion

1. Cat-Cow Stretch (Spinal Mobility)

Start on all fours. Inhale, arch your back (cow). Exhale, round your spine (cat). Repeat slowly for 10 reps. This improves thoracic spine and low back mobility.

2. World's Greatest Stretch

Step into a lunge, place both hands on the ground. Twist your torso and reach one arm to the sky. Hold and switch sides. Mobilizes hips, spine, and shoulders.

3. 90/90 Hip Stretch

Sit with one leg in front, knee bent at 90°, and the other behind in the same shape. Lean into the front hip. Switch sides. Great for hip internal/external rotation.

4. Thread the Needle Stretch

On all fours, slide one arm under the other and twist your torso, resting your shoulder and head on the ground. Opens up shoulders and mid-back.

5. Half-Kneeling Hip Flexor Stretch

In a lunge position, gently push hips forward while squeezing back glute. Hold for 30 seconds. Loosens tight hip flexors from sitting too much.

6. Child's Pose with Side Reach

Sit back into child's pose, then walk your hands to one side. Hold, then switch. Targets lats and lower back tension.

7. Doorway Pec Stretch

Stand in a doorway with arms at 90°, step forward to stretch your chest. Helps open shoulders and improves

Mobility Guide for Men Over 40

10 Home Stretches to Improve Back, Hip, and Shoulder Range of Motion

posture.

8. Seated Forward Fold with Strap

Sit on the ground, legs extended, loop a strap around your feet and gently pull forward. Stretches hamstrings and lower back.

9. Banded Shoulder Dislocates

Using a resistance band, hold wide grip and slowly bring arms overhead and behind. Improves shoulder rotation and mobility.

10. Wall Angels

Stand with your back against the wall, arms in goal post position. Slowly raise and lower arms while keeping contact. Great for shoulder mobility and postural control.