

The Daily Grind

A simple movement hygiene series to help jumpstart your day

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Every morning, I wake up and stagger towards the shower. Joints aching and stiff, the only cure for the moment is cascading hot water and scrubbing off the previous nights rest.

Following the shower, dress, and all other elements of readying ones self for the day, there's coffee. This magical caffeinated elixir helps the joints and muscles warm up further, and then it's off to work.

This probably sounds like a familiar routine for many. It's no surprise that morning routines are essentially auto-piloted and as basic as basic can get. Some people may do some more elaborate breakfasts, others might not have anything. Many people will still get to their job and complain of being tired, stiff, achy, and feeling fatigued in a general sense, and not through a lack of sleep or caffeine.

There is a simple way to help reduce the fatigue and stiffness someone can feel, and it doesn't have to take very long at all. A very low level mobility series can help improve your movement hygiene, much like brushing your teeth can improve your oral hygiene, and best of all it doesn't require any special tools, equipment, or the need to make you sweat buckets.

The goals for this movement series are simple, yet very beneficial:

1. Be easy enough for anyone, regardless of training experience or fitness.
2. Be able to improve range of motion at major joints like the hips, knees, and shoulders.
3. Help muscles improve their blood flow and oxygen transport, without making the work so challenging that it can't be done in dress clothes.

4. Help the individual feel more alert, awake, and more physically capable once it's been completed.
5. Require only bodyweight to complete.

They're simple, easy to implement, and don't take much time at all, so there's no reason to not make them part of your daily routine. Each exercise has a Youtube video linked to it to show you how to do the movement, and some things to avoid when doing them.



The Daily Grind

Exercise #1: [Wall No Monies](#) – This is a great postural exercise that helps wake up the extensor muscles of the shoulders, and also the shoulder stabilizers. Complete 10 reps.

Exercise #2: [Wall facing hip circles](#) – This move helps get some range of motion through the hip joint without loading, helping it to become able to move fluid and smooth. Complete 5 reps per side.

Exercise #3: [Wall shoulder slides](#) – A simple way to get some overhead range of motion, with the assistance of a wall to help slide through the movement. Complete 4 reps per side.

Exercise #4: [Standing chin tucks](#) – getting the neck moving easily to start the day so shoulder checking on your way to work is a lot easier. Only go to a slight stretch in each position, not to the end of the range. Complete 5 reps.

Exercise #5: [Ankle mobilizer](#) - Working on improving the ankle dorsi flexion can help make it easier to walk while also reducing the impact of wearing shoes with any kind of heel in them. Complete 10 reps per side.

Exercise #6: [Kneeling Hip Flexor mobilizer](#) – Before you start the day sitting, get the glutes to flex and stretch the hip flexors and quads as far as they're comfortable. Complete 5 reps per side.

Exercise #7: [Cat Camel stretch](#) – easy breathing and moving the spine without loading can help you feel less stiff and tight. Complete 6 reps.

Exercise #8: [Kneeling hip rockbacks](#) – Keeping the spine straight and pushing back into the hips can have a great effect on stretching out not only the hips, but the knees as well. Complete 10 reps.

Exercise #9: [Rolling Cossack](#) – Opening up the hips and involving some rotation can have a beneficial effect to the hips directly but also to the low back. Complete 5 rotations per side.

Exercise #10: [Standing toe touch](#) – Move slowly, and allow your body to move as easily as possible to get your hands as close to your toes as possible without straining to get there. Complete 5 reps.

Complete only one set of each exercise in series with little to no rest between each movement. In total, this should only take about 10 minutes, if you're going very slowly to complete each movement. Ideally, it will be closer to 5 minutes. If you find it's taking a very long time, try to speed up the reps a little more so that each one is done within 2 seconds.



A word on breathing

During these movements, breathing is incredibly important. When stretching into a movement, try to inhale deeply through your nose, filling your lungs as much as possible. When coming out of the stretch, exhale by releasing the air, not pushing it out with force. This level of breathing helps to improve mobility, but also relaxes you and allows for an easier oxygen transport into and out of your lungs.

Try to avoid holding your breath or exhaling hard during any of these movements. If you find yourself holding your breath, you're stretching too deep for what the goal for this series should be, so slow your roll and back off a tick so you can continue to breathe in and out easily.

Doing these simple exercises at the start of each day can be a massive benefit to helping you gain energy, feel better, and have some physical resiliency instead of aches and pains. It won't replace coffee for producing energy (nor is it as delicious), but it can have a big impact on giving you enough energy to get through your day.

Set aside 5 minutes in your morning routine and start working on these simple exercises today. You could also use them at the end of the day to help wind down before bed, as long as you're not pressing yourself hard enough to change how you're breathing or to get you to sweat.

The Daily Grind, in easy to follow table form

	Exercise	Affected Body Part	Reps
1	Wall No Monies	Shoulders, mid back	10
2	Wall facing hip circles	Hips, Core	5 each
3	Wall shoulder slides	Shoulders, upper back	4 each
4	Standing chin tucks	Neck, upper back	5
5	Ankle mobilizer	Ankle, calf	10 each
6	Kneeling Hip Flexor mobilizer	Hip flexors, quads	5 each
7	Cat Camel stretch	Spine, shoulders, hips	6
8	Kneeling hip rockbacks	Hips, low back	10
9	Rolling Cossack	Hips, thighs, low back	5 each
10	Standing toe touch	Hips, low back, upper back	5

This shouldn't be viewed as a program to push your limits, just to work as an effective movement based wake up you can use every day with little downside. You can do them while wearing dress clothes, pyjamas, or nothing at all. Whatever makes you happy. It's not a series that should cause you to sweat, so if you're looking to do it after a shower or before heading out the door to work, it won't get in the way of whether you're all dressed, have all your make up on, or any other excuse you could likely come up with to avoid doing them. It's one of the easiest routine things you can impart to your day, costs absolutely nothing, and helps you feel amazing once you're finished. If Starbucks could bottle this, they'd rule the world.



If you're interested in involving more mobility within your workouts, and also in getting stronger, faster, and more athletic than you've ever been, you'll love my next product, High Tensile Strength. I outline a 6 month semi-custom workout designed to get you moving better, feeling better, and looking better all at the same time. With programs specifically designed to improve mobility while adding muscle, losing fat, or just staying active and slowly morphing into a ninja, it's going to be worth your while.



Coming soon.....