



TP-PT PERFORMANCE

SKATE MOBILITY CIRCUIT

Hips • Ankles • Shoulders • No Equipment

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RUN 1-2 ROUNDS BEFORE YOU SKATE

10-15 MIN

1-2 ROUNDS

FULL BODY

SKATE-SPECIFIC

HOW TO RUN THIS CIRCUIT

Hit all 8 movements back-to-back with minimal rest. Rest 60 seconds, then repeat. 1 round preps you for a session, 2 if you want the full prime. Do this before any skate session, or as a daily home routine. Hold each stretch, don't bounce.

8

MOVES

1-2

ROUNDS

10-15

MIN

60s

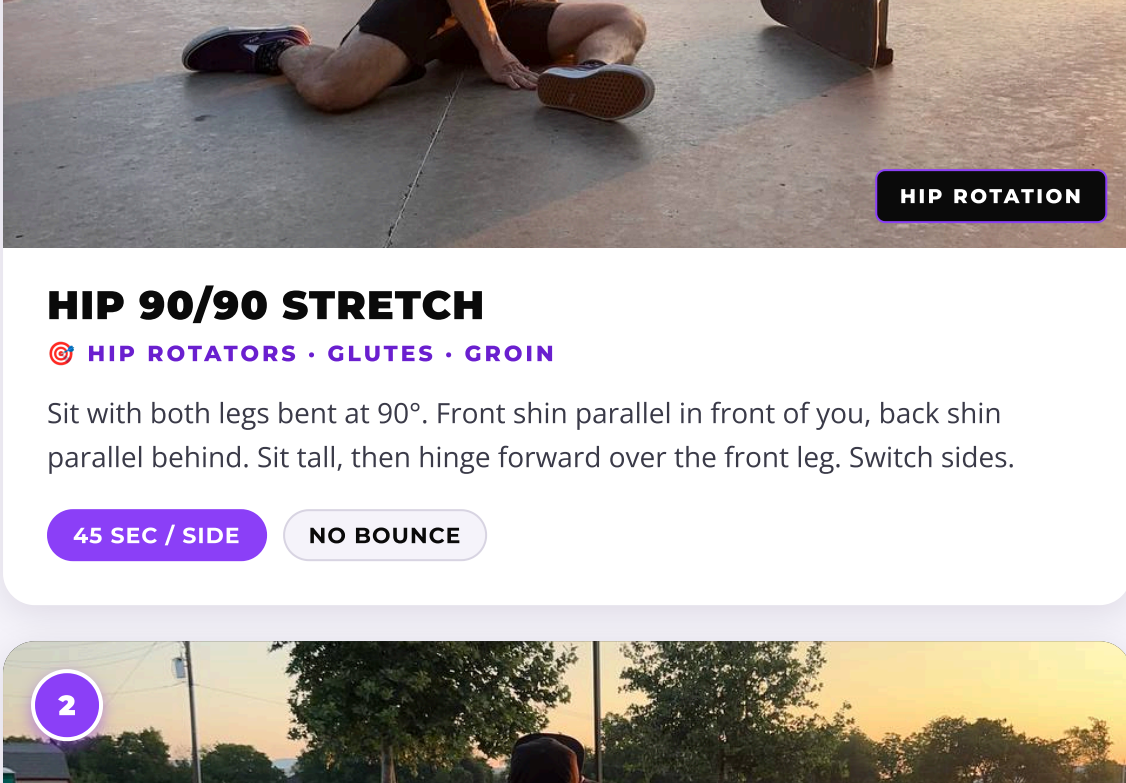
REST

0

GEAR

HIPS & LOWER BODY

1



HIP ROTATION

HIP 90/90 STRETCH

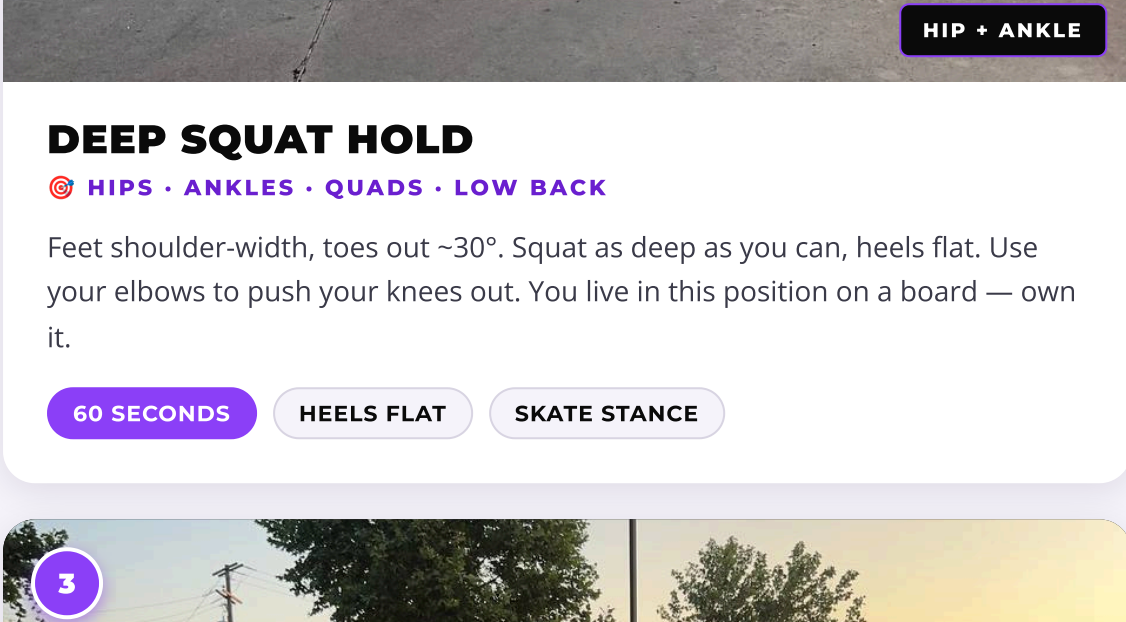
HIP ROTATORS • GLUTES • GROIN

Sit with both legs bent at 90°. Front shin parallel in front of you, back shin parallel behind. Sit tall, then hinge forward over the front leg. Switch sides.

45 SEC / SIDE

NO BOUNCE

2



HIP + ANKLE

DEEP SQUAT HOLD

HIPS • ANKLES • QUADS • LOW BACK

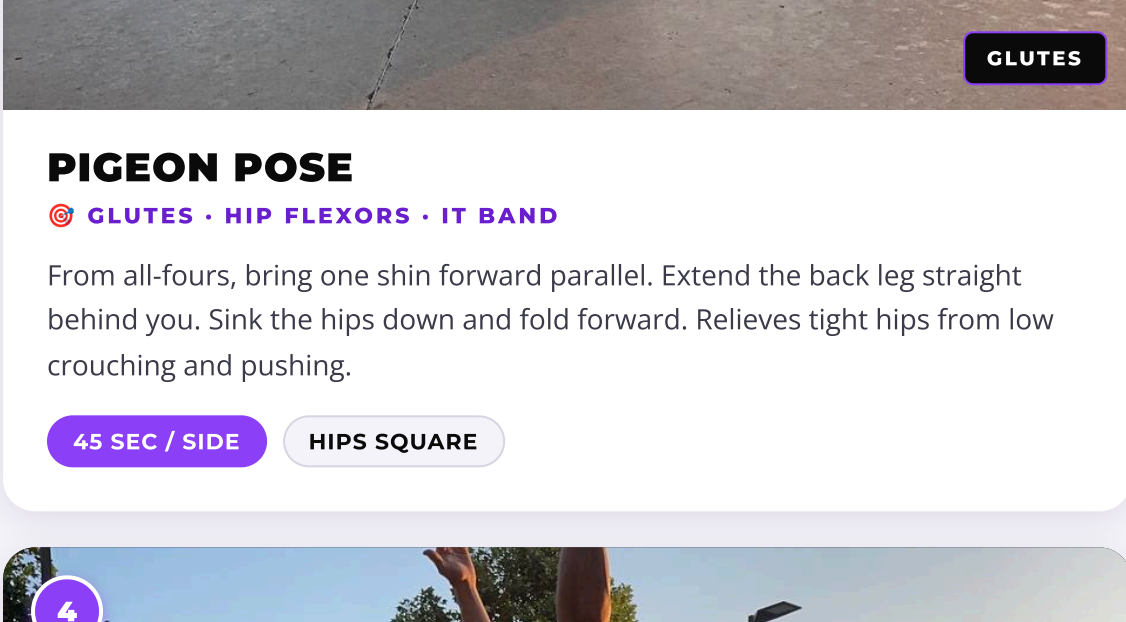
Feet shoulder-width, toes out ~30°. Squat as deep as you can, heels flat. Use your elbows to push your knees out. You live in this position on a board — own it.

60 SECONDS

HEELS FLAT

SKATE STANCE

3



GLUTES

PIGEON POSE

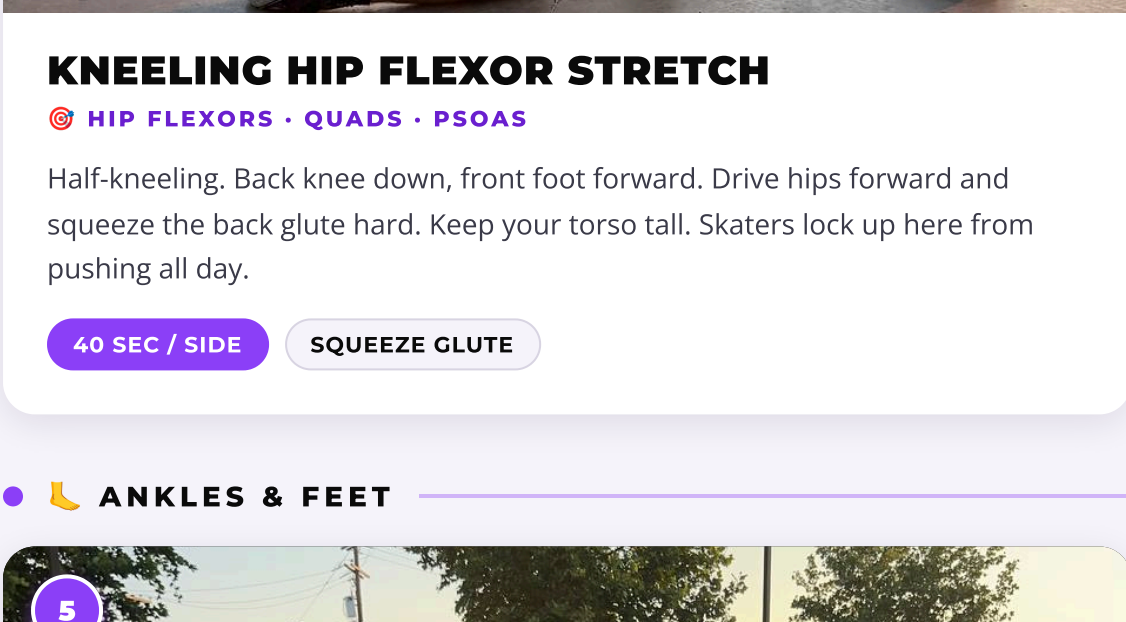
GLUTES • HIP FLEXORS • IT BAND

From all-fours, bring one shin forward parallel. Extend the back leg straight behind you. Sink the hips down and fold forward. Relieves tight hips from low crouching and pushing.

45 SEC / SIDE

HIPS SQUARE

4



HIP FLEXOR

KNEELING HIP FLEXOR STRETCH

HIP FLEXORS • QUADS • PSOAS

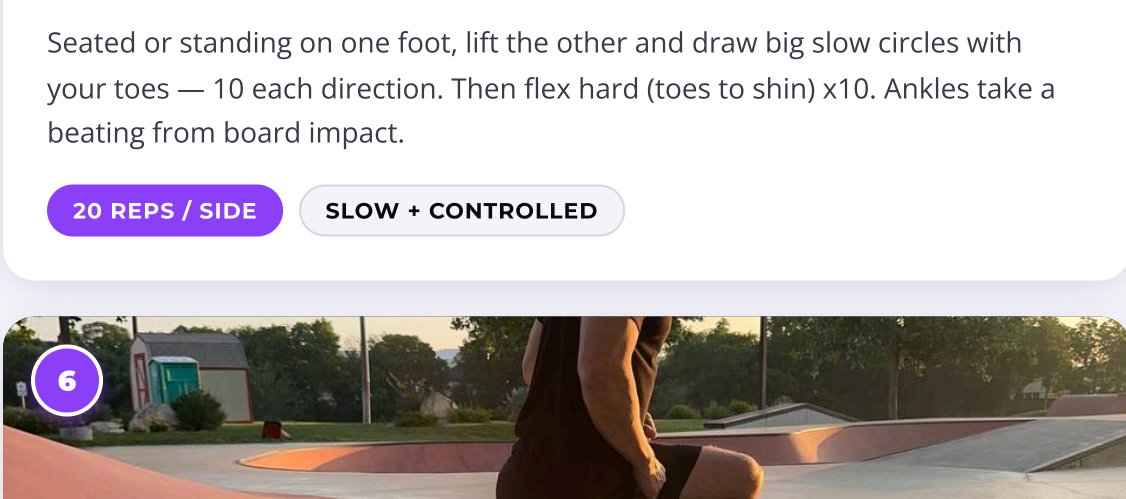
Half-kneeling. Back knee down, front foot forward. Drive hips forward and squeeze the back glute hard. Keep your torso tall. Skaters lock up here from pushing all day.

40 SEC / SIDE

SQUEEZE GLUTE

ANKLES & FEET

5



ANKLE ROM

ANKLE CARS (CIRCLES)

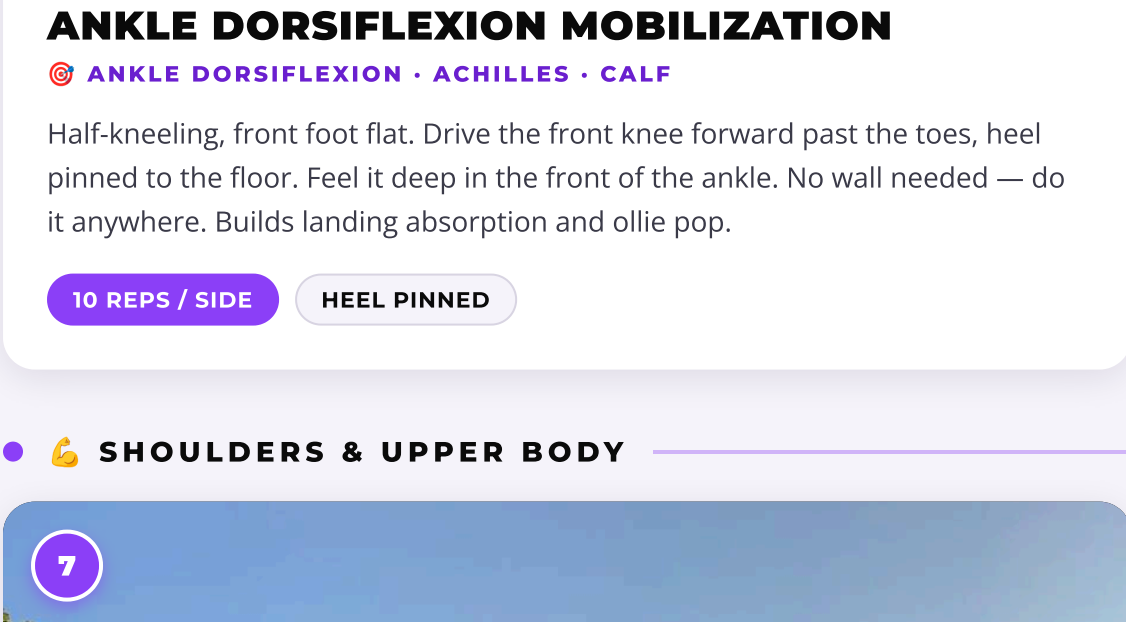
ANKLES • ACHILLES • PLANTAR FASCIA

Seated or standing on one foot, lift the other and draw big slow circles with your toes — 10 each direction. Then flex hard (toes to shin) x10. Ankles take a beating from board impact.

20 REPS / SIDE

SLOW + CONTROLLED

6



DORSIFLEXION

ANKLE DORSIFLEXION MOBILIZATION

ANKLE DORSIFLEXION • ACHILLES • CALF

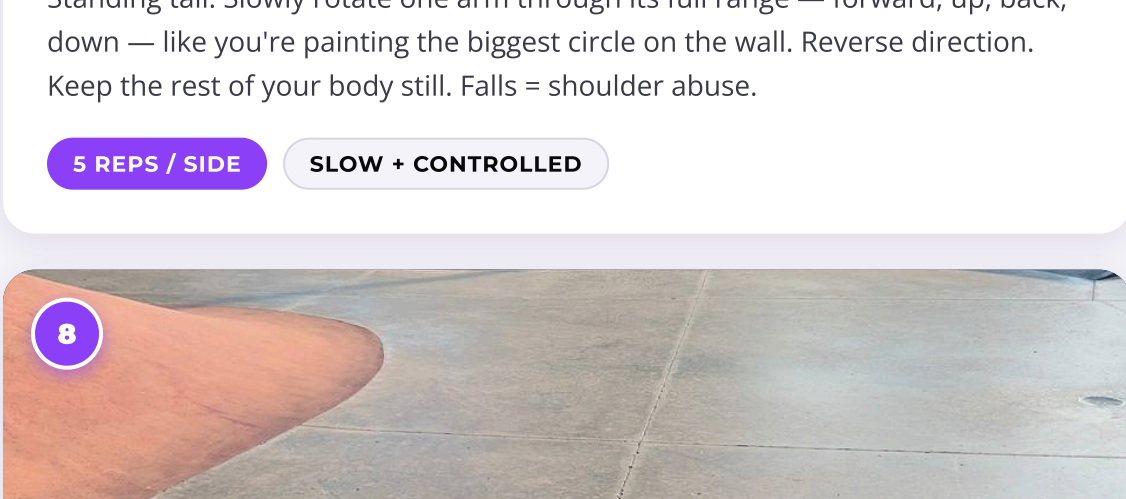
Half-kneeling, front foot flat. Drive the front knee forward past the toes, heel pinned to the floor. Feel it deep in the front of the ankle. No wall needed — do it anywhere. Builds landing absorption and ollie pop.

10 REPS / SIDE

HEEL PINNED

SHOULDERS & UPPER BODY

7



SHOULDER CARS

SHOULDER CARS

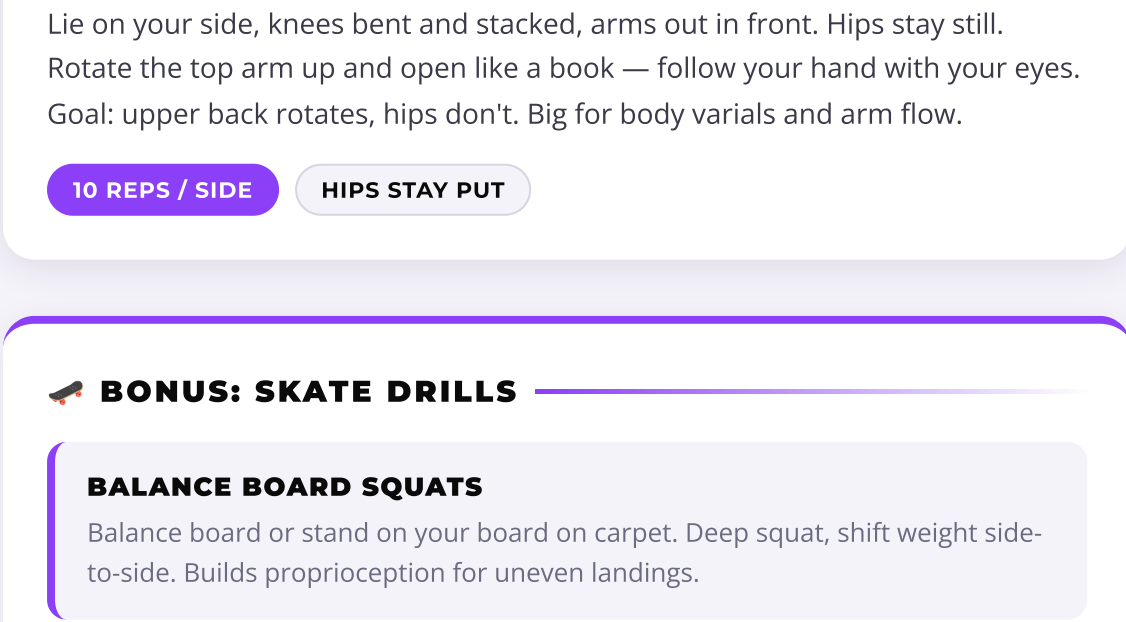
SHOULDER JOINT • ROTATOR CUFF • SCAPULA

Standing tall. Slowly rotate one arm through its full range — forward, up, back, down — like you're painting the biggest circle on the wall. Reverse direction. Keep the rest of your body still. Falls = shoulder abuse.

5 REPS / SIDE

SLOW + CONTROLLED

8



T-SPINE

OPEN BOOKS (T-SPINE ROTATION)

THORACIC SPINE • SHOULDERS • CHEST

Lie on your side, knees bent and stacked, arms out in front. Hips stay still. Rotate the top arm up and open like a book — follow your hand with your eyes. Goal: upper back rotates, hips don't. Big for body variials and arm flow.

10 REPS / SIDE

HIPS STAY PUT

BONUS: SKATE DRILLS

BALANCE BOARD SQUATS

Balance board or stand on your board on carpet. Deep squat, shift weight side-to-side. Builds proprioception for uneven landings.

SINGLE-LEG CALF RAISES

On a step edge, slow 3-count down. 15 reps/side. Ankle stability + power for ollie pop and landing absorption.

BOX JUMP → STICK THE LANDING

Jump onto a box, land and hold for 3 seconds. Trains the "stick it" position — hips low, knees tracking. Same mechanics as landing a trick.

LATERAL BOUND + HOLD

Jump side-to-side off one foot, stick the landing for 2 seconds. Lateral ankle stability — critical for avoiding ankle rolls.

SLOW-MO OLLIE STANCE

Stand in ollie stance — crouch deep, hold 30s. Groove the bottom of your crouch so the pop is consistent every time.

DEAD HANG

30-60 sec from a pull-up bar. Decompresses the spine, opens shoulders, counters hunched skate posture. Wrists love it too.

TP-PT

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