Champions Axiom: Flexibility and Mobility Plan

Purpose: Improve lines without sacrificing strength, control, or joints.

1. Start with heat: light cardio, dynamic swings, and activation.
2. Pair passive stretching with active holds in the target shape.
3. Train hip flexors, hamstrings, glutes, calves, shoulders, and core.
4. Use slow breathing to reduce guarding and improve range safely.
5. Never chase pain. Mild tension is useful; sharp pain is a stop sign.
6. Test progress weekly with the same positions and the same standards.

Coach cue: Great flexibility is controlled, strong, and usable on the mat.