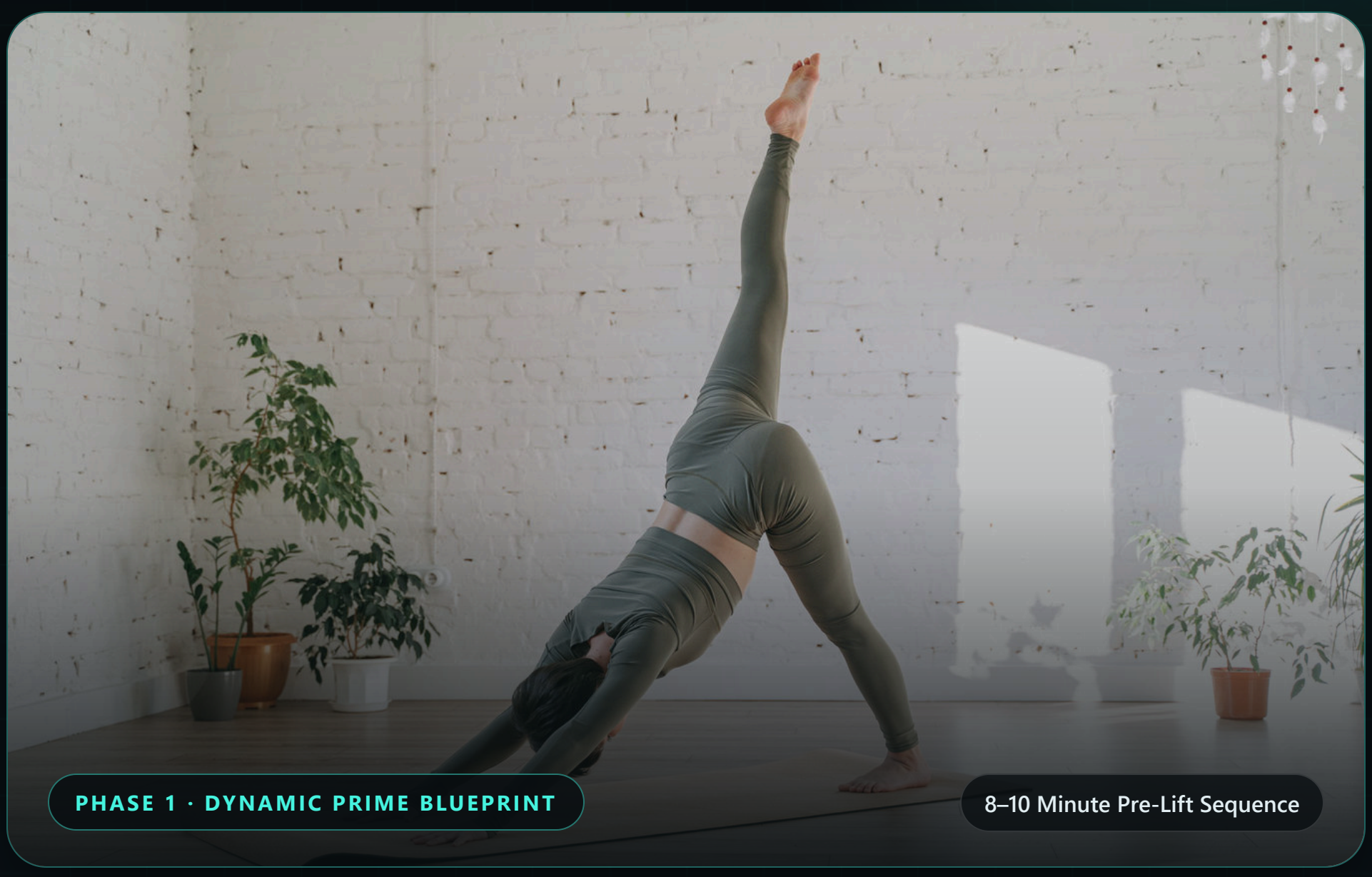
KARI JADE FITNESS

NASM-CPT · CORRECTIVE EXERCISE SPECIALIST



FREE CORRECTIVE BIOMECHANICS GUIDE

THE MOBILITY UNLOCK

5 Joint-Specific Drills to Restore Alignment, Clear Movement Bottlenecks & Prime Your Body Before Heavy Lifting

TRAIN WITH MECHANICS — STOP WORKING AROUND STIFFNESS

If your hips pinch in the bottom of a squat, your lower back takes over on deadlifts, or your shoulders feel jammed pressing overhead, you don't have to give up strength training. Most lifting flare-ups trace back to **predictable joint restrictions**—ankles that won't glide, ribcages locked out of position, or hips missing clean rotation. Run this 8-minute sequence before you step under the bar. Let's get to work.

Start the 5-Drill Sequence →

WEB COMPANION + VIDEOS
karijade.fitness/guide →

DRILL 01 · POSTERIOR PELVIC TILT & ANTERIOR HIP CAPSULE RESET

Active Kneeling Hip Flexor Stretch

ADDRESSES Lower-back overarching & hip tightness during squats and deadlifts



Watch Kari's Related Demo on YouTube →
youtube.com/watch?v=wGMmGhD3PnM

BIOMECHANICS RATIONALE — WHY THIS WORKS

Prolonged sitting leaves the hip flexors (iliopsoas and rectus femoris) shortened and hypertonic. Instead of passively hanging on the front of the hip capsule—which dumps the pelvis forward and compresses the lumbar spine—this active variation uses reciprocal inhibition from the glute and deep core to restore true hip extension mechanics before you get under the bar.

STEP-BY-STEP EXECUTION

1. **Half-Kneeling Base:** Set up in a tall half-kneeling stance (one knee cushioned on the floor, opposite foot flat in front) with both knees stacked near 90 degrees.
2. **Stack Ribcage Over Pelvis:** Exhale slowly to draw your front ribs down while tucking your belt buckle slightly upward (posterior pelvic tilt).
3. **Lock Glute & Shift Minimal Inches:** Actively squeeze the glute on the kneeling side, then glide your hips forward 1 to 2 inches without losing your rib-over-pelvis stack.
4. **Breathe Into Tension:** Maintain steady nasal inhales and full exhales while holding active tension along the front of the kneeling thigh and hip.

RECOMMENDED DOSAGE

2 sets of 45–60 seconds per side (controlled 4-second exhales)

COACH KARI'S KEY CUE

If your lower back arches, reset—glute tension creates the hip opening.

DRILL 02 · CLOSED-CHAIN TALOCRURAL DORSIFLEXION & TRIPOD FOOT CONTROL

Wall Ankle Mobilizations

ADDRESSES Front-of-ankle pinching, early heel lift & knee cave in squats



Watch Kari's Related Demo on YouTube →
youtube.com/watch?v=twt2FdkwCdE

BIOMECHANICS RATIONALE — WHY THIS WORKS

Clean squat depth requires your shin (tibia) to glide forward over your foot. When ankle dorsiflexion is restricted by stiff calf and soleus tissue, your body borrows range somewhere else—collapsing the arch inward, spinning the knees into valgus, or folding your torso forward. Priming closed-chain tibial glide clears the runway for upright, joint-friendly squatting.

STEP-BY-STEP EXECUTION

1. **Tripod Foot Setup:** Face a wall and place your working toes 3 to 4 inches away from the baseboard, anchoring big toe, little toe, and heel evenly.
2. **Track Over Second & Third Toe:** Slowly drive your front knee forward toward the wall, aiming directly over your second and third toes so the arch stays supported.
3. **Keep the Heel Heavy:** Pause for 2 seconds as your knee kisses the wall (or reaches clean end-range) without letting your heel peel off the floor.
4. **Progress Your Distance:** Return under control. If your knee taps the wall effortlessly with a flat heel, slide your foot back half an inch.

RECOMMENDED DOSAGE

2 sets of 10–12 slow, controlled reps per side (2-second end-range pause)

COACH KARI'S KEY CUE

Heavy heel, stacked arch—never trade foot tripod stability for extra inches.

DRILL 03 · UPPER-BACK EXTENSION, RIBCAGE MOBILITY & SCAPULAR GLIDE

Quadruped Thoracic Rotation

ADDRESSES Overhead pressing stiffness, rib flare & anterior shoulder rounding



Watch Kari's Related Demo on YouTube →
youtube.com/watch?v=I-bMuER2gdk

BIOMECHANICS RATIONALE — WHY THIS WORKS

Your shoulder blades ride directly on your ribcage. When desk posture locks your thoracic spine (mid-back) into flexion, your scapula loses smooth upward rotation—forcing either your front shoulder structures or your lower back to compensate every time you press overhead or set a front rack. Unlocking segmental thoracic rotation restores clean overhead force vectors.

STEP-BY-STEP EXECUTION

1. **Lock Lumbar Position:** Start on hands and knees, then sit your hips halfway back toward your heels so your lumbar spine stays quiet and stable.
2. **Set Your Hand & Push Away:** Place one hand lightly behind your head (avoid pulling your neck) and actively press the floor away through your planted palm.
3. **Spiral Elbow-to-Wrist, Then Skyward:** Inhale as you bring your working elbow toward your planted wrist, then exhale slowly as you rotate your chest and elbow toward the ceiling.
4. **Own the End-Range Exhale:** Finish each rep with a full exhale at the top, letting your shoulder blade wrap smoothly without twisting through your hips.

RECOMMENDED DOSAGE

2 sets of 8–10 controlled rotations per side

COACH KARI'S KEY CUE

Move from your ribcage and mid-back, not by shifting your pelvis.

DRILL 04 · POSTERIOR CHAIN RECRUITMENT & FEMORAL ALIGNMENT UNDER LOAD

Banded Glute Bridge with External Rotation

ADDRESSES Underactive glutes, lower-back takeover & dynamic knee valgus



Watch Kari's Related Demo on YouTube →
youtube.com/watch?v=fZMWZgISow0

BIOMECHANICS RATIONALE — WHY THIS WORKS

Mobility without neuromuscular control never sticks under a barbell. When the glute maximus and lateral hip stabilizers (glute medius) are slow to recruit, your lumbar erectors and hamstrings take over hip extension while your femurs drift inward. Adding isometric band abduction teaches your hips to produce extension torque and rotational stability simultaneously.

STEP-BY-STEP EXECUTION

1. **Loop Mini-Band Above Knees:** Lie supine with knees bent, heels hip-width apart and 6 to 8 inches from your glutes, with a fabric or latex loop band just above your knees.
2. **Set Zone of Apposition:** Exhale gently to flatten your lower ribs toward the floor, engaging deep abdominals so your spine moves as one unit.
3. **Spread the Band & Drive Through Heels:** Press knees outward against the band (~20–30 degrees of active tension without rolling onto the outer edges of your feet) and bridge hips up.
4. **2-Second Isometric Lockout:** Stop when knees, hips, and shoulders form a straight line—hold hard glute tension for 2 seconds before lowering with control.

RECOMMENDED DOSAGE
2 sets of 12–15 reps with a crisp 2-second top hold

COACH KARI'S KEY CUE
Finish with glute lockout, never by hyperextending your lower back.

DRILL 05 · ACTIVE INTERNAL & EXTERNAL FEMORAL ROTATION CONTROL

90/90 Hip Transitions

ADDRESSES Pinched bottom-of-squat mechanics, hip shifting & stiff rotation



Watch Kari's Related Demo on YouTube →
youtube.com/watch?v=JJ-GEfm3HY8

BIOMECHANICS RATIONALE — WHY THIS WORKS

Every deep squat and hinge demands coordinated hip internal rotation on the way down and external rotation as you drive out of the hole. If the femur can't rotate cleanly inside the acetabulum (hip socket), your pelvis tilts or shifts laterally to fake depth. Controlled 90/90 transitions build active strength at both rotational end-ranges.

STEP-BY-STEP EXECUTION

1. **Establish Clean 90/90 Angles:** Sit tall on the floor with your lead leg bent at 90 degrees in front and your trail leg bent at 90 degrees out to the side.
2. **Brace Tall Torso:** Stack your ribcage over your pelvis (post lightly with fingertips behind you if needed to avoid slumping sideways).
3. **Lead With the Trail Knee:** Drive your front heel down while peeling your back knee toward the ceiling as wide as possible before letting the front knee move.
4. **Swivel Smoothly to Opposite 90/90:** Pivot on both heels under slow control until you land softly in the mirror-image 90/90 position on the opposite side.

RECOMMENDED DOSAGE

2 sets of 6–8 slow alternating transitions (3–4 controlled reps per side)

COACH KARI'S KEY CUE

Slow is strong—separate your knees wide rather than flopping over.



PHASE 1 COMPLETE — KEEP BUILDING

Mobility Opens the Window. Strength Locks It In.

These five drills are your **Phase 1 Dynamic Prime**—they create clean joint space, stack your ribcage over your pelvis, and wake up stabilizers before you train. Lasting durability happens when you load that newly opened range with progressive strength.

HOW THIS FITS INTO THE 5-PHASE KINETIC PROTOCOL

PHASE 01	PHASE 02	PHASE 03	PHASE 04	PHASE 05
Dynamic Prime	**Main Lift**	**Corrective Filler**	**Hypertrophy**	**Conditioning**

Inside Kari's coaching, we never hand you a 30-minute rehab sheet instead of lifting. We pair your specific **Phase 1 Prime** with joint-friendly **Main Lifts** and targeted **Phase 3 Corrective Fillers** between sets so every workout builds muscle and alignment together.

RECOMMENDED NEXT STEP · FREE 2-MINUTE DIAGNOSTIC

Take the Interactive Movement Self-Screen

Run a guided 30-second self-check to pinpoint your primary kinetic bottleneck and unlock your matched Phase 3 Corrective Filler pairing.

Start Free Screen →

INDIVIDUALIZED 1:1 REMOTE COACHING

Apply for Root-Cause Biomechanics Coaching

Ready to stop guessing? Get a multi-angle video movement assessment, custom 5-Phase Kinetic Protocol programming, and weekly form feedback from Kari.

Apply for 1:1 →

Kari Jade. CPT. CES.

Kari Jade, NASM-CPT, CES

Corrective Exercise & Biomechanics Specialist

karijade.fitness/guide →

youtube.com/@KariJadeFitness →