

MOVEMENT BY DAVID

TOTAL HIP MOBILITY 2.0

The beginner's guide to
building complete hip mobility
and flexibility.

Stay flexy

WELCOME!

The Guide to Improved Flexibility and Mobility!

Welcome to the world of enhanced hip mobility! I want to extend a heartfelt thank you for downloading my ebook. You've taken an exciting step towards unlocking the incredible potential of your hips.

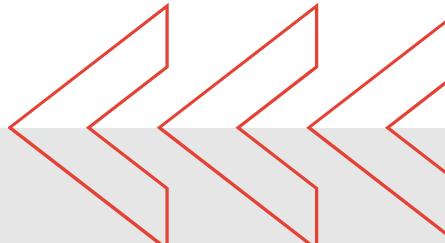
Get ready to embark on a **transformative journey** that will empower you with flexibility, mobility, and a deeper understanding of your body. In this ebook, you'll find a lot of knowledge, carefully curated exercises, and expert guidance to help you improve your hip mobility in just four weeks.

From understanding the benefits of mobility to mastering the art of stretching, this comprehensive guide has it all. I've poured my passion and expertise into creating a program that will not only strengthen your body but also **grant you confidence**. So, let's dive in and begin this adventure together.

-David

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MY JOURNEY TO MASTERY

Hey there!

I'm David Thurin, a certified Pilates instructor and mobility specialist here to help you unlock the power of mobility and flexibility.

Discovering the game-changing effects of flexibility training in my twenties sparked my passion for mobility. I realized that having healthy mobility makes everyday life so much easier. Your joints and muscles are in action daily, and when they're in great shape, everything flows seamlessly. But the best part? It's a skill you can work on at any age, with mind-blowing benefits.

With years of experience guiding people on their journey to better movement, I've witnessed the incredible benefits firsthand. This is what drives me - seeing lives transformed through mobility and flexibility. Prioritizing joint and muscle health opens the door to a happier, more fulfilling life. No matter your age, the benefits are within reach.

I take a supportive and adaptable approach in my teaching. I understand that everyone starts from a different point, so I tailor my information to help those at all different points in their journey. With innovative techniques and a deep knowledge of Flexibility, I'll help you make steady progress on your mobility journey.

As we embark on this journey together, remember that I'm not just a coach—I'm here to support you, cheer you on, and be your partner. Let's make this a fun and exciting experience.

WHY YOU NEED THIS ROUTINE

THE BENEFITS OF HIP MOBILITY

Your hips are among the most important joints in your body, acting as the cornerstone for numerous daily activities and physical movements. Nurturing your hip mobility is an investment in your long-term physical health and vitality.

With enhanced hip mobility, you'll unlock potential you never knew existed - from conquering challenging movements like squats or just making everyday movements effortlessly smooth. So, let's embark on this transformative journey! I've carefully curated the next four weeks with guidance, effective techniques, and empowering motivation to significantly elevate your hip mobility. Your path to better movement starts here. Let's make this happen!



RESULTS YOU CAN EXPECT

1. Improvement in lower back pain/discomfort
2. Better balance and stability
3. increase functional movements (think standing and sitting)
4. Increased range of motion
5. Boosted confidence



THE TRUE BENEFITS OF MOBILITY EXPLAINED

THE IMPORTANCE OF TRAINING FOR MOBILITY

PHYSICAL WELL-BEING

Improved flexibility and mobility contribute to joint health by reducing stiffness and increasing the range of motion, allowing for better overall movement and functionality. Enhanced muscle flexibility and strength achieved through flexibility training promotes better posture, muscular balance, and overall physical resilience. This improves functional movements in daily life by allowing for greater ease and efficiency in performing tasks such as bending, reaching, and lifting, ultimately enhancing overall functionality and independence.

REDUCED MUSCLE TENSION AND STRESS

Flexibility and mobility practices release muscle tension, relieve stress, and promote relaxation by stretching and lengthening tight muscles, which can have a calming effect on the body and mind, reducing overall muscular tension and stress levels. This also contributes to emotional well-being by reducing stress levels, releasing endorphins, improving mood, and boosting self-confidence through a sense of physical accomplishment and mastery.

ENHANCED BODY AWARENESS AND MINDFULNESS

Flexibility and mobility practices cultivate body awareness and mindfulness by encouraging individuals to pay attention to their body's sensations, promoting a deeper connection between the mind and body, and fostering an increased sense of self-awareness.

LONGEVITY AND AGEING WELL

Flexibility and mobility practices support healthy aging and physical function by maintaining joint health, reducing the risk of age-related stiffness and mobility limitations, and promoting an active and independent lifestyle as you age.

ENHANCED PERFORMANCE

Flexibility and mobility offer advantages in performance enhancement by increasing agility, allowing for a greater range of motion, improving balance and coordination, and optimizing athletic abilities, leading to improved sports and fitness performance.

THE IDEAL WARM UP

When it comes to stretching, warming up is key. And while it can be tempting to dive right into your stretching routine, taking a few minutes to warm up first can make a big difference in your performance and results.

The movements below help to increase blood flow to your hip joint and help to loosen up the surrounding muscles, making it easier and more comfortable to perform your stretching routine.

WARM UP CHECKLIST

MOVEMENT TO COMPLETE (2 sets each)	COMPLETED?
30 second Jog in place	<input type="checkbox"/>
10-15 reps. Hip circles	<input type="checkbox"/>
10-15 reps. Leg swings (forward & backward)	<input type="checkbox"/>
10-15 reps. Leg swings (left & right)	<input type="checkbox"/>

So don't skip the warm-up! Taking just a few minutes to get your body ready for your stretching routine can help you to perform better and achieve better results. And with your hips feeling loose, limber, and ready to go, you'll be able to take on any challenge that comes your way!

HIP MOBILITY PROGRAM: WEEK 1

DAY 1

Single Leg RDL

Description Sets 1 Reps 10

Stand with your feet hip-width apart, shift your weight onto one leg and slightly bend the other. Keep your back straight while hinging at your hips. Use your hamstring to pull yourself back up.



Deep Split Squat

Description Sets 1 Reps 10

Assume a lunge position with one leg forward and the other backward. Lower your body down and lean forward. Push back up to the starting position and switch legs



Pancake Stretch

Description Sets 2 Time 30 sec.

Sit on the ground and open your legs as wide as possible into a straddle position. Lean forward at your hips, trying to reach as far as you can in front of you. Keep your back straight and chest open



Modified Pigeon Stretch

Description Sets 2 Time 30 sec.

FSit on the ground with one knee bent in front of you and the other leg behind you slightly bent. Lean into the front knee lowering your upper body toward the ground.



DAY 2

Standing Hamstring Kick

Description Sets 1 Reps 15

Stand with your feet hip-width apart and extend one arm in front of you. Swing that leg up in front of you and back down while keeping your leg as straight as possible and your toes pointed up.



Wide Squats (Body Weight)

Description Sets 1 Reps 20

Stand with feet wider than shoulder-width apart, toes pointed slightly outward. Lower into a deep squat position, keeping your back straight and chest up. Stand back up to the starting position



Runners Lunge

Description Sets 2 Time 30 sec.

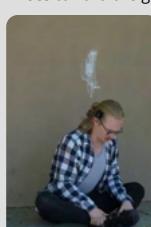
Step one leg forward into a lunge position, keeping the back leg extended and the knee off the ground. Sink your hips down and forward to stretch the hip flexors. Switch legs and repeat



Butterfly Stretch

Description Sets 2 Time 30 sec.

Sit with the soles of your feet together and your knees out to the sides. Hold your feet and bring them as close to you as you can. Gently press your knees toward the ground



DAY 3

Single Leg RDL

Description Sets 1 Reps 10

Stand with your feet hip-width apart, shift your weight onto one leg and slightly bend the other. Keep your back straight while hinging at your hips. Use your hamstring to pull yourself back up.



Deep Split Squat

Description Sets 1 Reps 10

Assume a lunge position with one leg forward and the other backward. Lower your body down and lean forward. Push back up to the starting position and switch legs



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HIP MOBILITY PROGRAM: WEEK 2

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Stand with your feet hip-width apart and extend one arm in front of you. Swing that leg up in front of you and back down while keeping your leg as straight as possible and your toes pointed up.



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Butterfly Stretch

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Sit with the soles of your feet together and your knees out to the sides. Hold your feet and bring them as close to you as you can. Gently press your knees toward the ground



DAY 2

90/90 Hip Switch

Description Sets 1 Reps 10

Sit with one leg bent in front and the other bent behind you. Rotate your hips to switch the position of your legs, keeping both knees at 90-degree angles while switching sides.



Standing Pancake

Description Sets 2 Time 30 sec.

Stand and open your legs as wide as possible into a straddle position. Then bend at the hips, pushing them back while keeping your back straight.



Figure Four Stretch

Description Sets 2 Time 30 sec.

Sit on the ground with one leg bent and the other ankle crossed over the opposite knee. Gently pull the leg underneath toward you or press down on the top knee to stretch the hip and glutes.



Hip Flexor Stretch

Description Sets 2 Time 30 sec.

Kneel on one knee with the other leg bent at 90 degrees in front. Push your hips forward to stretch the front of the hip and thigh.



DAY 3

Elephant Walks

Description Sets 1 Reps 30

Hinge at your hips until you feel a stretch behind your knees. Bend one leg while the other is straight then fluidly bend the other knee while straightening the first knee.



Couch Stretch

Description Sets 1 Time 30 sec.

Kneel on the ground facing away from a wall, place one foot against the wall with the knee bent at 90 degrees. Tuck your pelvis and lean slightly forward with your body upright to stretch the hip flexor.



Seated Hamstring Stretch

Description Sets 2 Time 30 sec.

Sit on the ground with one leg straight out in front of you and the other leg bent toward you. Reach forward with both hands, trying to touch the toes of your straight leg.



Cobra

Description Sets 2 Time 30 sec.

Lie face down on the ground, place hands under shoulders in a plank position. Lift your upper body off the ground, arching your back



HIP MOBILITY PROGRAM: WEEK 3

DAY 1

90/90 Hip Switch

Description Sets 1 Reps 10

Sit with one leg bent in front and the other bent behind you. Rotate your hips to switch the position of your legs, keeping both knees at 90-degree angles while switching sides.



Standing Pancake

Description Sets 2 Time 30 sec.

Stand and open your legs as wide as possible into a straddle position. Then bend at the hips, pushing them back while keeping your back straight.



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Kneel on one knee with the other leg bent at 90 degrees in front. Push your hips forward to stretch the front of the hip and thigh. Switch legs and repeat.



DAY 2

Elephant Walks

Description Sets 1 Reps 30

Hinge at your hips until you feel a stretch behind your knees. Bend one leg while the other is straight then fluidly bend the other knee while straightening the first knee.



Couch Stretch

Description Sets 1 Time 30 sec.

Kneel on the ground facing away from a wall, place one foot against the wall with the knee bent at 90 degrees. Tuck your pelvis and lean slightly forward with your body upright to stretch the hip flexor.



Seated Hamstring Stretch

Description Sets 2 Time 30 sec.

Sit on the ground with one leg straight out in front of you and the other leg bent in toward you. Reach forward with both hands, trying to touch the toes of your straight leg.



Cobra

Description Sets 2 Time 30 sec.

Lie face down on the ground, place hands under shoulders in a plank position. Lift your upper body off the ground, arching your back.



DAY 3

Duck Walks

Description Sets 1 Time 60 sec.

Get into a deep squat position and walk forward, staying low to the ground to stretch the hips and improve mobility.



Standing Pancake Good Morning

Description Sets 1 Reps 10

Stand with your feet wider than shoulder-width apart and toes pointed slightly outward. Hinge at your hips and lower your upper body towards the ground, keeping your back straight and chest open.



90/90 Extensions

Description Sets 1 Reps 10

Sit with one leg bent in front and the other bent behind you. Lift your body off the ground while keeping your knees on the ground then lower back down.



Wall Deep Squat

Description Sets 2 Time 30 sec.

Stand with your back against a wall and lower into a deep squat position. Use the wall for support and gently push your knees away from your body.



HIP MOBILITY PROGRAM: WEEK 4

DAY 1

Cossack Squat

Description Sets 1 Reps 8

Stand with feet wider than shoulder-width apart, shift your weight to one side lowering into a squat while keeping the other leg straight. In one motion, return to starting position and switch sides



Hip Circles

Description Sets 1 Reps 10

Stand with feet hip-width apart and make circular motions with your hips, going clockwise and then counterclockwise. Gradually increase the size of the circles.



Modified Horse Stance Stretch

Description Sets 2 Time 30 sec.

Stand with feet wider than shoulder-width apart, toes pointed outward. Lower into a wide squat position, keeping your back straight while pushing your knees out.



Flat Back Hamstring Stretch

Description Sets 2 Time 30 sec.

Stand with feet together, hinge at the hips, and reach forward along your legs to stretch the hamstrings. Keep your back straight and chest open



DAY 2

Duck Walks

Description Sets 1 Time 60 sec.

Get into a deep squat position and walk forward, staying low to the ground to stretch the hips.



Standing Pancake Good Morning

Description Sets 1 Reps 10

Stand with your feet wider than shoulder-width apart and toes pointed slightly outward. Hinge at your hips and lower your upper body towards the ground, keeping your back straight and chest open



90/90 Extensions

Description Sets 1 Reps 10

Sit with one leg bent in front and the other bent behind you. Lift your body off the ground while keeping your knees on the ground then lower back down.



Deep Wall Squat

Description Sets 2 Time 30 sec.

Stand with your back against a wall and lower into a deep squat position. Use the wall for support and gently push your knees away from your body.



DAY 3

Cossack Squat

Description Sets 1 Reps 8

Stand with feet wider than shoulder-width apart, shift your weight to one side lowering into a squat while keeping the other leg straight. In one motion, return to starting position and switch sides



Hip Circles

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Stand with feet hip-width apart and make circular motions with your hips, going clockwise and then counterclockwise. Gradually increase the size of the circles.



Modified Horse Stance Stretch

Description Sets 2 Time 30 sec.

Stand with feet wider than shoulder-width apart, toes pointed outward. Lower into a wide squat position, keeping your back straight while pushing your knees out.



Flat Back Hamstring Stretch

Description Sets 2 Time 30 sec.

Stand with your feet shoulder-width apart and place your hands on your hips. Hinge at your hips and lower your upper body towards the ground while keeping your back and legs straight.



MY PHILOSOPHY TO FLEXIBILITY

YOU MADE IT!

Well done, you've made it to the end of the guide!

Your hips should be feeling great and ready to move!

Focusing on hip mobility is key to moving more easily, easing tightness, and keeping injuries at bay. After all, our hips are involved in so many things we do, from everyday tasks like walking and getting up from a chair, to activities like dancing or playing sports. That's why it's so important to make mobility exercises a regular part of your routine to keep your hips happy and healthy.

But let's not forget the most important thing here, which is that you took a positive step towards improving your health and wellbeing. And for that, I want to say a big THANK YOU! Your commitment and trust mean everything to me, and I'm honored to have been your flexibility coach throughout this journey.

So keep up the good work, and remember to always prioritize your physical and mental health.

Stay Flexy!

-David



FREQUENTLY ASKED QUESTIONS

WHAT DOES STATIC, DYNAMIC, ACTIVE AND PASSIVE STRETCHING MEAN?

The terms "static" and "dynamic" describe the presence or absence of movement during stretching. "Dynamic" stretching involves actively moving through a range of motion, while "static" stretching entails holding a position without movement. On the other hand, "passive" and "active" stretching pertain to the level of muscle engagement. In "passive" stretching, the muscle being stretched is relaxed as much as possible, whereas in "active" stretching, you engage the muscle to its safe limit.

CAN I MODIFY THE PROGRAM IF I HAVE PRE-EXISTING HIP ISSUES?

Absolutely! If you have pre-existing hip issues or limitations, it's important to consult with a healthcare professional or a qualified instructor. They can provide you with modifications and exercises tailored to your specific needs and ensure a safe and effective practice.

CAN I COMBINE THE HIP MOBILITY EXERCISES WITH OTHER FORMS OF EXERCISE?

Yes, you can combine the hip mobility exercises with other forms of exercise. However, it's essential to prioritize proper form and avoid overexertion. If you're unsure about incorporating the exercises into your existing routine, it's advisable to consult a fitness professional for guidance.

IS IT NORMAL TO FEEL DISCOMFORT DURING THE STRETCHES?

Some discomfort or mild tension may be normal, especially if you have limited mobility. However, the stretches should never be painful. It's important to listen to your body, modify the stretches if needed, and avoid pushing beyond your limits.

IS A WARM-UP NECESSARY?

Yes, warm-up is essential. It reduces the risk of injury and increases the effectiveness of each session by preparing the body for the exercises ahead. This routine would also be great to add in after a workout because your body will already be ready to go!

FREQUENTLY ASKED QUESTIONS

WHAT DO I DO IF I MISS A DAY IN THE ROUTINE?

Missing a day is completely fine! The program does not require specific days to be assigned for stretching. As long as you complete the recommended three days of stretching within a week, you have flexibility in choosing which days to perform the routine. Consistency is key, so if you miss a day, simply continue with the program on the following day.

HOW LONG SHOULD I CONTINUE THE PROGRAM AFTER THE INITIAL FOUR WEEKS?

It is recommended to continue the program beyond the initial four weeks. While the first four weeks primarily involve neural adaptations, it takes time for these gains to become more permanent. Consistency and ongoing practice are crucial to solidify and maintain your improved shoulder mobility.

**"LIMITING BELIEFS ARE
PRETTY MUCH JUST AN
ADULT THING. SO, START
ACTING LIKE A KID AGAIN
AND MOVE!"**

-David



CONTACT PAGE

You've reached the contact page, with all the way to connect with me. Whether you have questions, feedback, or simply want to share your experiences, I'm here to listen and support you on your journey to improved mobility.

I look forward to engaging with you. Together, we can continue to unlock the incredible potential of mobility and flexibility!

David Thuring

 @MOVEMENTBYDAVID

 WWW.STAYFLEXY.CO



Check Out My Joint Health Supplement!

Flexy JointsTM



What Is Flexy Joints?

After a year of passionate development, I'm proud to introduce Flexy Joints - a potent, all-in-one joint health solution.

Made with a carefully crafted blend of natural ingredients, Flexy Joints was designed to support joint mobility, reduce inflammation, and promote overall joint health.^t

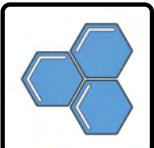
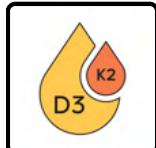
What Makes Flexy Joints Effective?

Glucosamine + Chondroitin



Boswellia + MSM

Vitamin D3 + Vitamin K2



Cissus Quad. + Hyaluronic Acid

Flexy Joints combines a comprehensive blend of potent, research-supported ingredients dedicated to complete joint health.

Our synergistic formula maximizes the effectiveness of these ingredients, providing a powerful solution for joint care.

The Best Tasting Joint Health Supplement



Check out the official taste test and get an exclusive offer below!

As always, Stay Flexy!

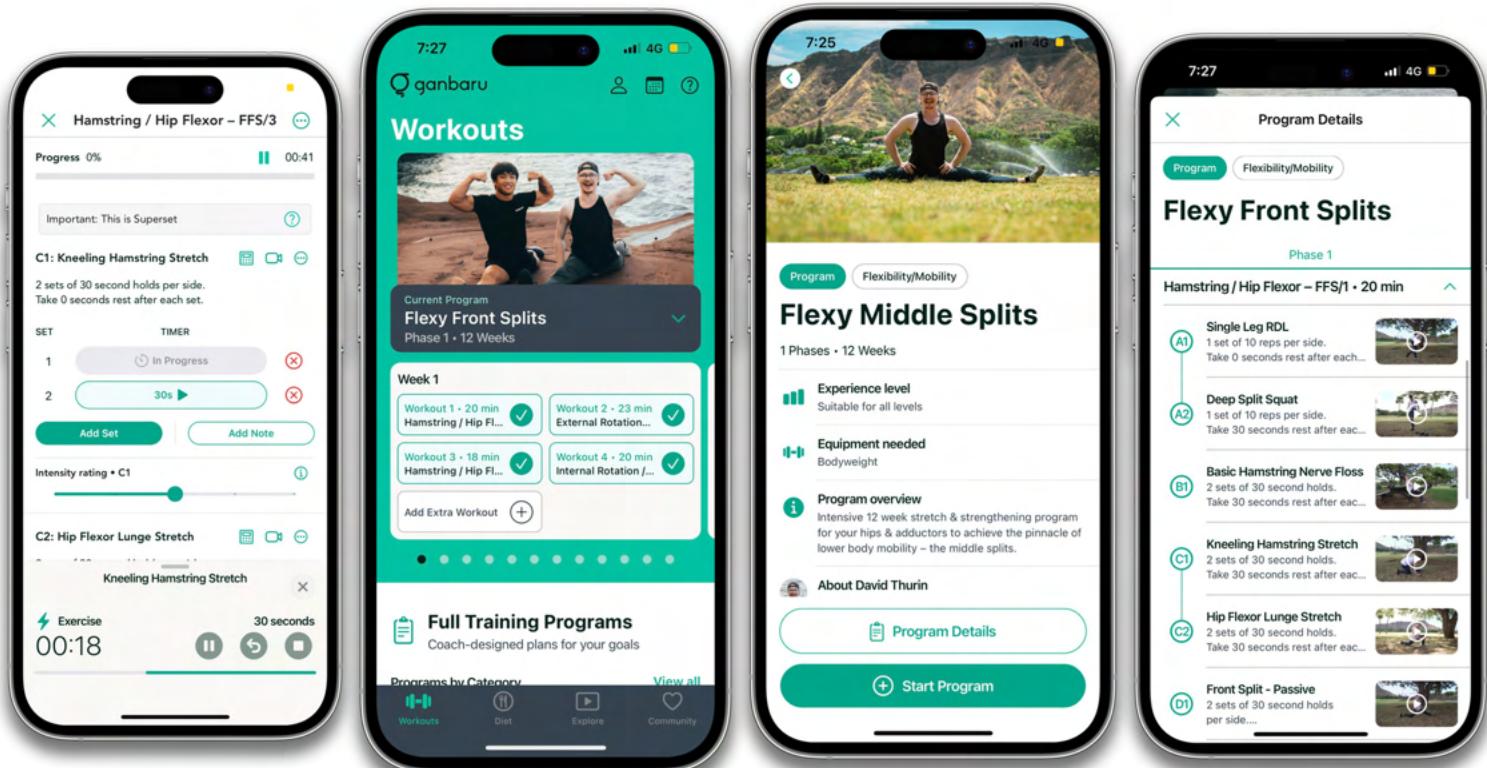
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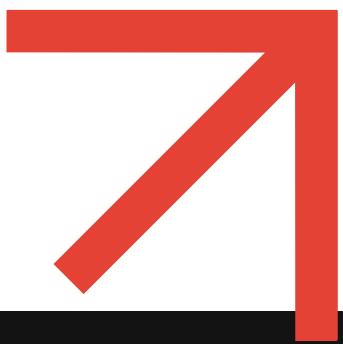
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ACCESS DISCOUNT!

Click here!

ABOUT THE APP

I'VE JOINED FORCES WITH SOME OF THE BEST COACHES ACROSS BODYBUILDING, CALISTHENICS, CROSSFIT, AND GYMNASTICS ON GANBARU TO BRING YOU A COMPLETE FITNESS EXPERIENCE THAT COVERS ALL OF YOUR BASES. RUN MY PROGRAMS ALONGSIDE THE OTHER PROGRAMS TO GET FLEXY, STRONGER, FITTER AND HEALTHIER!



DISCLAIMER

David Thurin is not a doctor or registered dietitian. The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health. Use of the information in this program is strictly at your own risk. David Thurin and/or MBD will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness or death.

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