

A person is performing a dynamic hamstring stretch in an outdoor setting. They are lying on their back on a grassy field, with their legs bent at the knees and feet flat on the ground. Their arms are extended straight out to the sides, and they are looking up towards their feet. The background shows a fence, trees, and a parked van.

MOVEMENT BY DAVID

# TOTAL HAMSTRING MOBILITY 2.0

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

*Stay flexy*

# WELCOME!

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## The Guide to Improved Flexibility and Mobility!

Welcome to the world of enhanced hamstring 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 hamstrings.

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 hamstring mobility in just four weeks.

From understanding the benefits of flexibility 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 HAMSTRING MOBILITY

Your hamstrings are among the most critical muscle groups in your body, contributing to many everyday activities and physical movements. They are pivotal for maintaining balance, facilitating proper posture, and enhancing athletic performance. Embracing the challenge to improve your hamstring flexibility is a commitment to your long-term physical health and mobility.

With greater hamstring flexibility, you'll unlock amazing capabilities. So, let's embark on this journey together! I've designed the next four weeks with guidance, proven techniques, and ample motivation to significantly boost your hamstring flexibility. Remember, the journey of a thousand miles begins with a single step, and this is yours!



## RESULTS YOU CAN EXPECT

1. improved posture and alignment
2. Better balance and stability
3. increase mobility in daily life
4. Reduced risk of injury/discomfort
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 hamstrings and help to loosen up your hips and knee joints, making it easier and more comfortable to perform your stretching routine.

## WARM UP CHECKLIST

MOVEMENT TO COMPLETE (2 sets each)	COMPLETED?
10-15 reps. Walking lunges	<input type="checkbox"/>
10-15 reps. Leg swings	<input type="checkbox"/>
10-15 reps. High knees	<input type="checkbox"/>
30 second Jog in place	<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 hamstrings feeling loose, limber, and ready to go, you'll be able to take on any challenge that comes your way!

# HAMSTRING MOBILITY PROGRAM: WEEK 1

## DAY 1

### Hamstring Kicks

**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. Repeat with the other leg.



### 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.



### Toe Touch

**Description Sets 2 Time**

Stand with your feet closer together. Hinge at your hips and lower your upper body towards your toes. Reach your hands towards your feet, try to touch your toes, the ground, or as far down your legs as you can comfortably go.

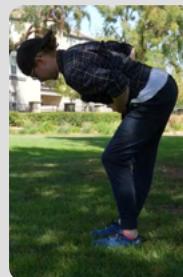


## DAY 2

### 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.



### Good Morning

**Description Sets 1 Reps 10**

Stand with your feet more than shoulder-width apart (wider stance) and place your hands on your hips. Hinge at your hips and lower your upper body towards the ground while keeping your back straight then come back up.



### Single Leg Hamstring Stretch

**Description Sets Time**

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.



## DAY 3

### Hamstring Kicks

**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. Repeat with the other leg.



### 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.



### Toe Touch

**Description Sets 2 Time 30 sec.**

Stand with your feet closer together. Hinge at your hips and lower your upper body towards your toes. Reach your hands towards your feet, try to touch your toes, the ground, or as far down your legs as you can comfortably go.



# HAMSTRING MOBILITY PROGRAM: WEEK 2

## DAY 1

### 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.



### Good Morning

**Description Sets 1 Reps 10**

Stand with your feet more than shoulder-width apart (wider stance) and place your hands on your hips. Hinge at your hips and lower your upper body towards the ground while keeping your back straight then come back up.



### Single Leg 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.



## DAY 2

### Sit & Reach (Reps)

**Description Sets 1 Reps 10**

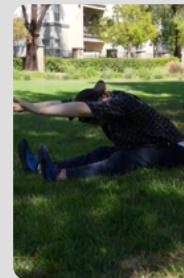
Sit on the ground with your legs extended straight in front of you. Reach both hands forward, trying to reach past your toes or as far as you can go. Return to the starting position and repeat.



### Sit & Reach (Hold)

**Description Sets 1 Time 30 sec.**

Sit on the ground with your legs extended straight in front of you. Reach both hands forward, trying to reach past your toes or as far as you can go. Hold this position to feel the stretch.



### 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.



## DAY 3

### Crossbody Leg Swings

**Description Sets 1 Reps 15**

Hold onto a wall or something near you for support. Swing one leg across the front of your body, then back and out to the side. Repeat while slowly increasing your range of motion.



### Standing Pancake

**Description Sets 1 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.



### Pancake

**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.



# HAMSTRING MOBILITY PROGRAM: WEEK 3

## DAY 1

### Sit & Reach (Reps)

**Description Sets 1 Reps 10**

Sit on the ground with your legs extended straight in front of you. Reach both hands forward, trying to reach past your toes or as far as you can go. Return to the starting position and repeat.



### Sit & Reach (Hold)

**Description Sets 1 Time 30 sec.**

Sit on the ground with your legs extended straight in front of you. Reach both hands forward, trying to reach past your toes or as far as you can go. Hold this position to feel the stretch.



### 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.



## DAY 2

### Crossbody Leg Swings

**Description Sets 1 Reps 15**

Hold onto a wall or something near you for support. Swing one leg across the front of your body, then back and out to the side. Repeat while slowly increasing your range of motion.



### Standing Pancake

**Description Sets 1 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.



### Pancake

**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.



## DAY 3

### 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.



### Hamstring Chokes

**Description Sets 1 Reps 15**

Sit on the ground and bend one leg, bringing your knee toward you. Place your hand behind your hamstring and gently pull your leg toward your chest, feeling a stretch in the back of your thigh. Straighten your leg, extending up toward the ceiling.



### Toe Touch

**Description Sets 2 Time 30 sec.**

Stand with your feet closer together. Hinge at your hips and lower your upper body towards your toes. Reach your hands towards your feet, try to touch your toes, the ground, or as far down your legs as you can comfortably go.



# HAMSTRING MOBILITY PROGRAM: WEEK 4

## DAY 1

### Roll Down

**Description Sets 1 Reps 10**

Stand with your feet hip-width apart and *slowly* roll your upper body forward, one vertebra at a time, until your hands touch the ground or as far as you can comfortably go. Roll back up to the starting position in the same controlled manner.



### 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



### Crossbody Hamstring Stretch

**Description Sets 2 Time 30 sec.**

While standing, cross one leg behind the other (keep this leg straight). Reach downward and try to touch the toes of that leg. Slightly bend the other legs so that you can bend down.



## DAY 2

### Standing Pancake Good Morning

**Description Sets 1 Reps 10**

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



### Hamstring Chokes

**Description Sets 1 Reps 15**

Sit on the ground and bend one leg, bringing your knee toward you. Place your hand behind your hamstring and gently pull your leg toward your chest, feeling a stretch in the back of your thigh. Straighten your leg, extending up toward the ceiling



### Toe Touch

**Description Sets 2 Time 30 sec.**

Stand with your feet closer together. Hinge at your hips and lower your upper body towards your toes. Reach your hands towards your feet, try to touch your toes, the ground, or as far down your legs as you can comfortably go.

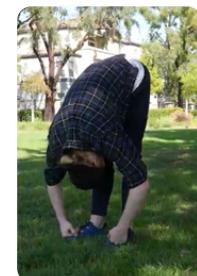


## DAY 3

### Roll Down

**Description Sets 1 Reps 10**

Stand with your feet hip-width apart and slowly roll your upper body forward, one vertebra at a time, until your hands touch the ground or as far as you can comfortably go. Roll back up to the starting position in the same controlled manner.



### 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



### Crossbody Hamstring Stretch

**Description Sets 2 Time 30 sec.**

While standing, cross one leg behind the other (keep this leg straight). Reach downward and try to touch the toes of that leg. Slightly bend the other legs so that you can bend down.



# MY PHILOSOPHY TO FLEXIBILITY

## YOU MADE IT!

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

Your hamstrings should be feeling rejuvenated!

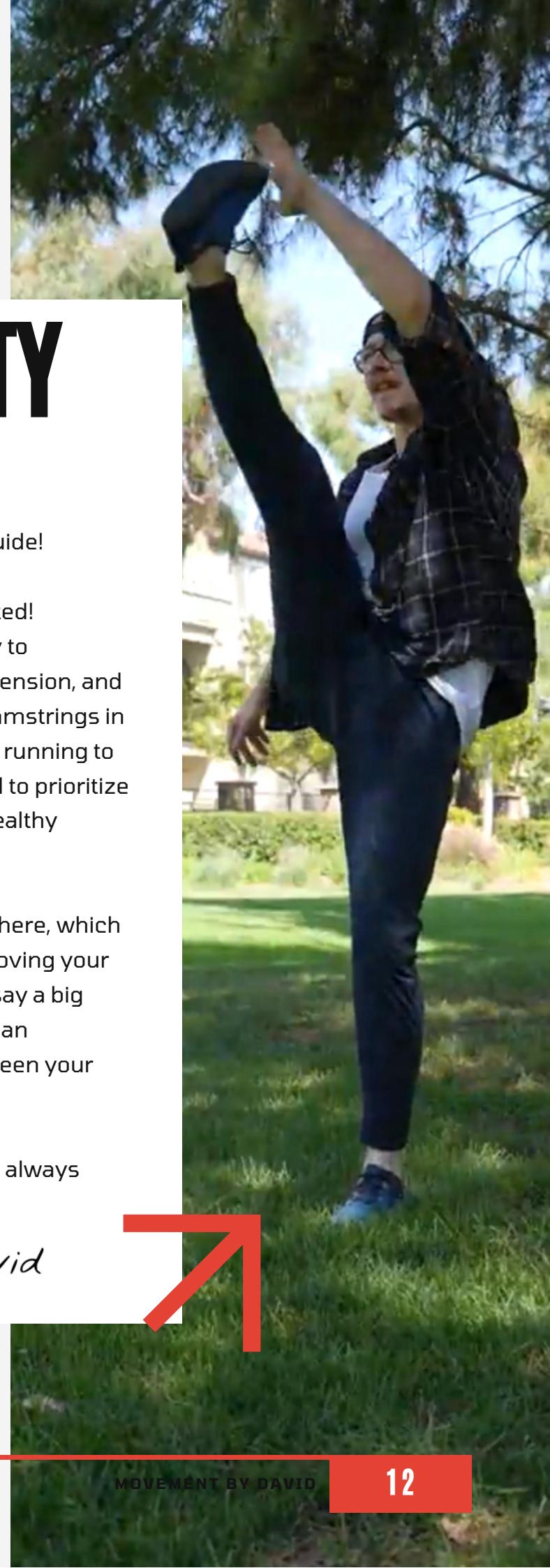
Achieving optimal hamstring flexibility is key to improving your range of motion, alleviating tension, and preventing injuries. After all, we utilize our hamstrings in virtually every movement, from walking and running to jumping and kicking. That's why it's essential to prioritize flexibility and mobility training to maintain healthy hamstring muscles.

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 HAMSTRING ISSUES?

Absolutely! If you have pre-existing hamstring 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 HAMSTRING MOBILITY EXERCISES WITH OTHER FORMS OF EXERCISE?

Yes, you can combine the hamstring 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 hamstring mobility.

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

-David



# CONTACT PAGE

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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 Joints<sup>TM</sup>



## 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.<sup>t</sup>

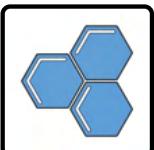
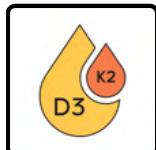
## What Makes Flexy Joints Effective?

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!

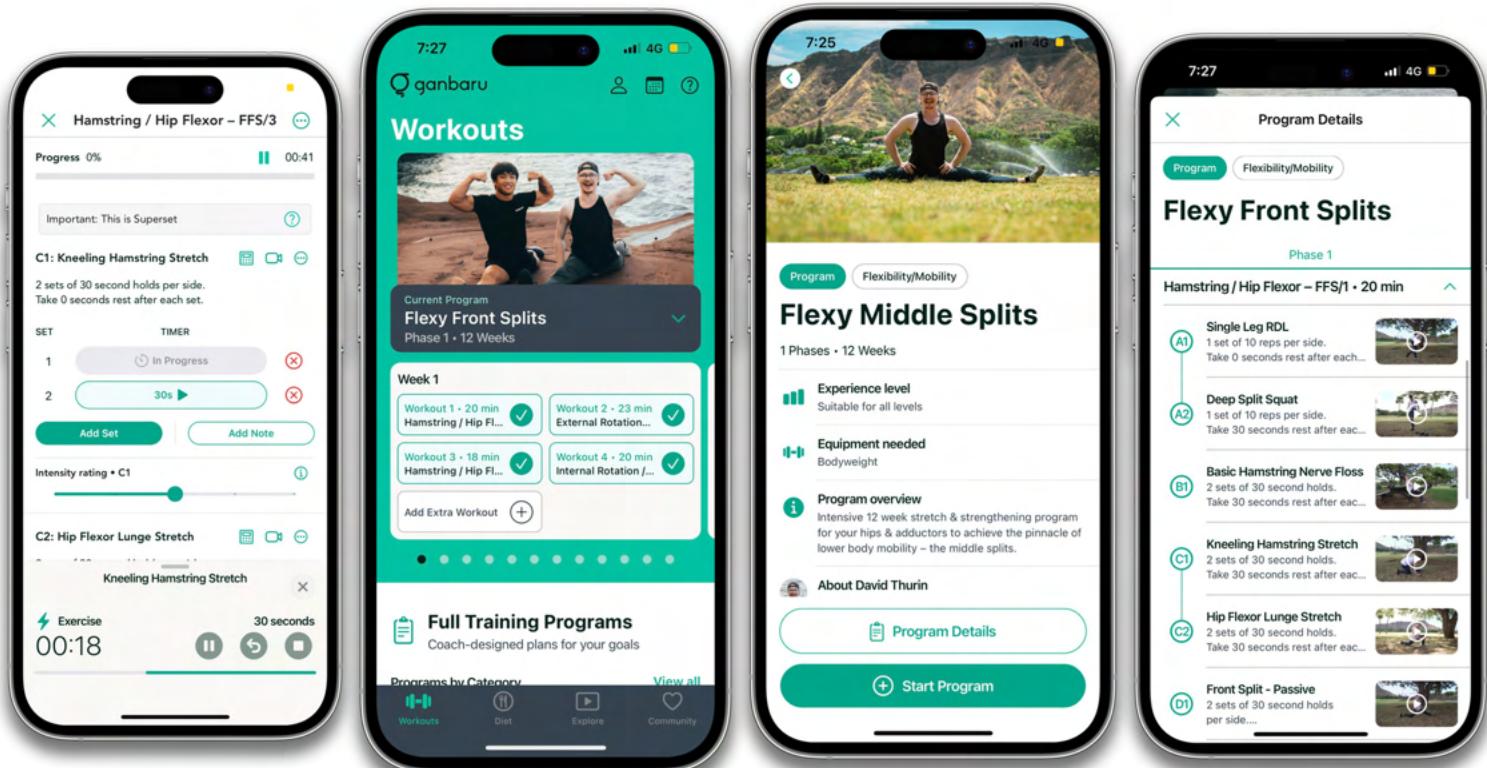
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**IF YOU WANT TO TAKE YOUR FLEXIBILITY TO THE NEXT LEVEL, I HAVE FULL 12-WEEK PROGRAMS FOR YOU TO CHOOSE FROM AVAILABLE ON GANBARU!**



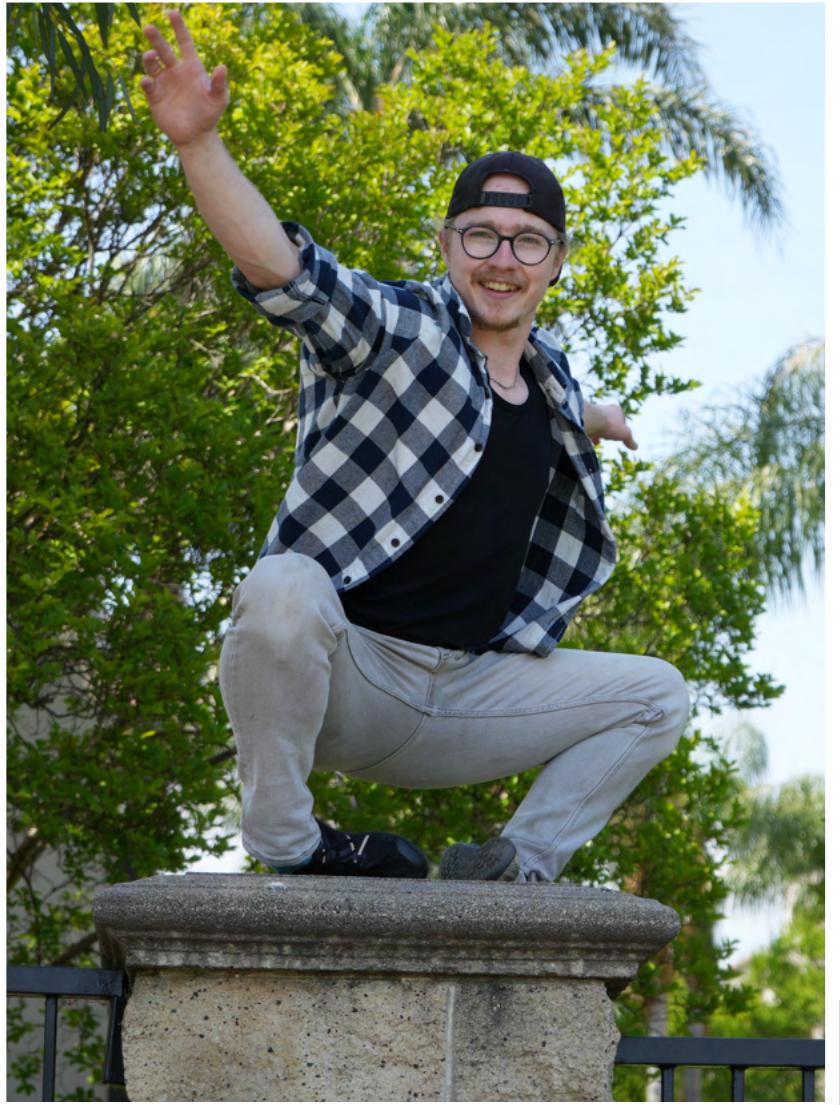
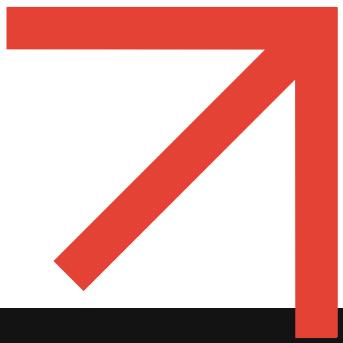
**AS AN EXCLUSIVE OFFER FOR GETTING MY EBOOKS, USE THE CODE  
‘FLEXYBOOKS’ AT CHECKOUT FOR 50% OFF.**

**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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