

# GUIDE TO MOBILITY

UNLOCK YOUR FULL RANGE OF MOTION:  
ESSENTIAL STRETCHES FOR A FLEXIBLE AND  
ACTIVE LIFE



# ABOUT THIS GUIDE

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THIS IS YOUR OPPORTUNITY TO SELL THE E-BOOK AND EXPLAIN HOW IT'S GOING TO HELP YOUR CLIENT OR PROSPECTIVE CLIENT. IT'S ALSO AN OPPORTUNITY TO EXPLAIN A LITTLE ABOUT WHO YOU ARE AND HOW YOU CAN HELP THEM.

IF YOU'RE NOT THE BEST AT WRITING, SIMPLY HEAD TO CHATGPT, PUT IN A FEW KEY TERMS AND WORDS YOU WANT TO INCLUDE AND LET IT DO THE REST!

EDIT AND ADJUST UNTIL IT FITS YOUR TONE AND PERSONALITY.

FEEL FREE TO SHOW A LITTLE PERSONALITY AND DON'T FORGET TO RUN A SPELL CHECK BEFORE YOU PUBLISH!

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THE SECRET  
TO GETTING  
AHEAD IS  
GETTING  
STARTED



Body Shaping Training

# Add a catchy heading that summarises your approach to mobility

Give a little more information about why mobility work is important and how you think it can help the client achieve their goals.

You could do different versions of the e-book for different types of training, e.g. running, Hyrox, bodybuilding.

Don't forget to adjust the font, brand colours and images to the frame on the right to suit your brand.



# **Mobility unlocks your body's potential to prevent injuries, boost performance, and move with ease.**

Mobility and flexibility are essential components of a healthy lifestyle.

By increasing your range of motion and enhancing flexibility, you can reduce the risk of injury, improve performance, and feel better in your day-to-day activities.

This handout covers the key stretches from our workshop, explaining each stretch, its benefits, and how to perform them correctly.



**Dynamic stretches are controlled movements that help prepare your muscles, ligaments, and soft tissues for activity.**

**They're a great way to warm up before any physical exercise.**



Body Shaping Training

# 1. Leg swings

**Why it's important:** Helps to increase blood flow to the legs and prepares your hips and hamstrings for movement.

**How to do it:** Stand near a wall or support, swing one leg forward and backward in a controlled manner. Repeat on both sides.



# 2. Walking Lunges

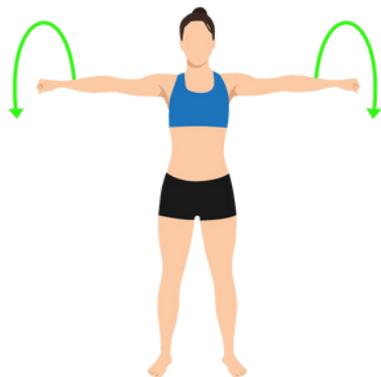
**Why it's important:** Warms up the quadriceps, glutes, and hip flexors while enhancing balance and coordination.

**How to do it:** Take a step forward and lower into a lunge, keeping your front knee above your ankle. Push off your back leg to step forward into the next lunge.

# 3. Arm Circles

**Why it's important:** Helps to loosen up the shoulder joints and improve blood flow in the upper body.

**How to do it:** Stand with feet hip-width apart. Extend your arms to the sides and slowly make small, then larger, circles in both directions.



## 4. Glute Bridges

**Why it's important:** Activates the glutes and stabilises the lower back, helping to prevent tightness.

**How to do it:** Lie on your back with knees bent and feet flat on the floor. Lift your hips towards the ceiling and squeeze your glutes. Keep your spine neutral throughout.



## 5. Wall Angels

**Why it's important:** Improves shoulder mobility, posture, and upper back strength, helping to reduce tension and enhance shoulder alignment.

**How to do it:** Stand with your back, head, and hips against a wall, feet a few inches away. Bend your elbows to form a 'W' shape with your arms, keeping wrists and elbows against the wall.

Slowly slide your arms upward into a 'Y' shape while maintaining contact with the wall, then return to the starting position.

**Static stretches  
improve  
flexibility,  
reduce tension,  
and aid  
recovery - ideal  
for cooling  
down after a  
workout**



Body Shaping Training

# 1. Hamstring Stretch

**Why it's important:** Relieves tightness in the hamstrings and increases flexibility in the legs.

**How to do it:** Sit with one leg extended and the other bent. Lean forward towards the extended leg while keeping the back straight.



## 2. Butterfly stretch

**Why it's important:** Helps to open up the hips, stretch the inner thighs, and improve flexibility in the lower body, promoting better posture and mobility.

**How to do it:** Sit on the floor with the soles of your feet pressed together and knees bent out to the sides (butterfly position).

Hold your feet with your hands and gently lean forward from the hips while keeping your back straight. Open your chest and hold the position, feeling the stretch in your inner thighs and hips.



### 3. Hip Flexor Stretch

**Why it's important:**

Helps to loosen tight hip flexors, which are commonly shortened from sitting for extended periods.

**How to do it:** Kneel on one knee, with the other foot in front. Shift your weight forward slightly to feel a stretch in the hip of the kneeling leg.



### 4. Quadriceps Stretch

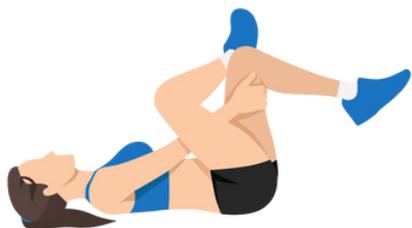
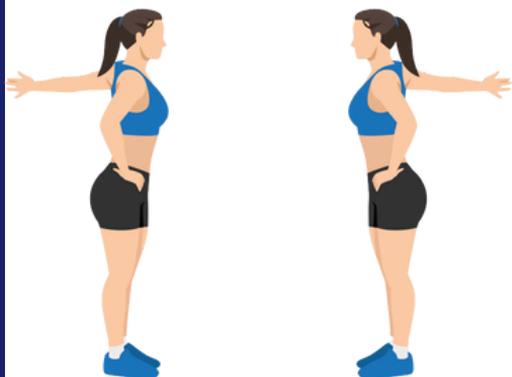
**Why it's important:** Relieves tension in the front of the thigh and supports knee stability and range of motion.

**How to do it:** Stand on one leg and pull your other foot towards your buttocks, keeping your knees close together.

## 5. Pectoral Stretch

**Why it's important:** Opens up the chest muscles, which can become tight from poor posture or frequent sitting.

**How to do it:** Stand near a wall and place your forearm against it. Gently rotate your body away from the wall to feel a stretch in your chest.



## 7. Glute Stretch

**Why it's important:** Helps to loosen up the glutes and lower back, improving overall hip flexibility.

**How to do it:** Sit on the floor and cross one leg over the other. Pull the knee of the crossed leg towards your chest.

## 8. Shoulder Stretch

**Why it's important:** Relieves tension in the shoulders and increases the range of motion

**How to do it:** Bring one arm across your body and hold it with the opposite arm. Gently pull it closer to your chest.





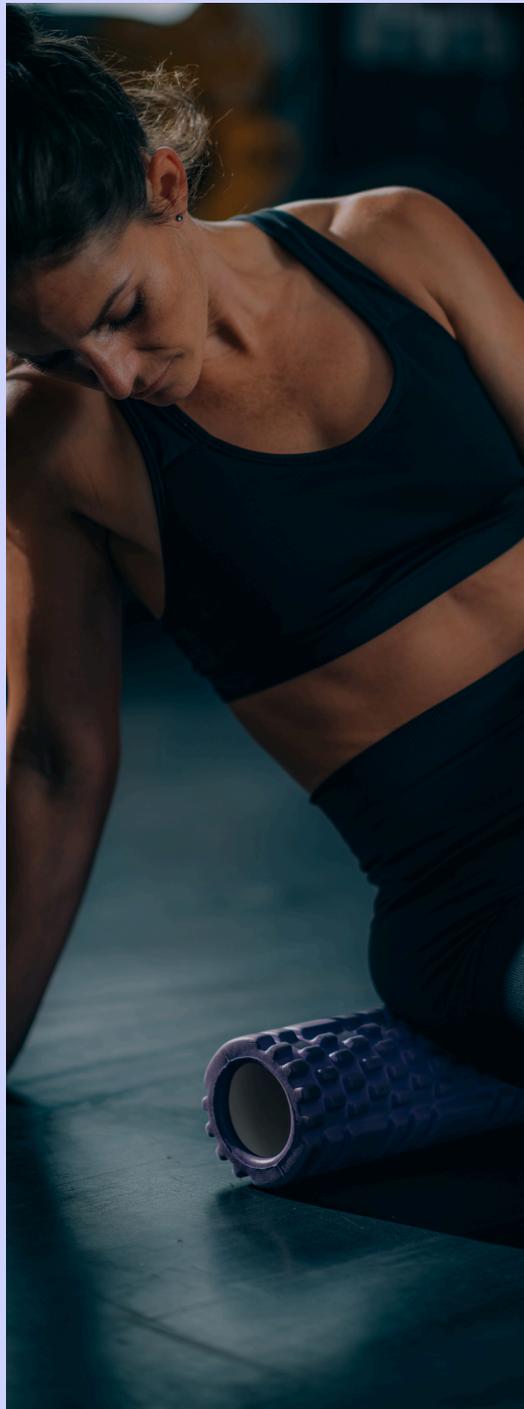
# FINAL TIPS

[www.bodyshapingtraining.com](http://www.bodyshapingtraining.com)

**Foam rolling is a simple yet powerful tool to help relieve muscle tightness, increase blood flow, and accelerate recovery.**

By applying gentle pressure to your muscles, foam rolling helps release tension, enhance flexibility, and improve overall movement quality.

Whether you're warming up or cooling down, this self-massage technique is an essential part of any mobility routine.





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While holding pressure on a tight spot, take deep, controlled breaths. This helps signal your muscles to relax, making the release more effective.

## How To Foam Roll For Best Results

- Begin by identifying the muscle group you want to work on, such as your quads, calves, or upper back.
- Sit or lie on the foam roller, positioning the roller under the muscle you wish to target.
- Roll slowly over the muscle, moving back and forth to locate any areas of discomfort or tightness. These are usually the spots that need the most attention.
- Once you find a tight spot, pause and maintain gentle pressure on that area. Hold the position for 20–30 seconds, allowing the muscle to release gradually.
- Avoid pressing too hard to prevent bruising or excessive discomfort.
- After focusing on a tight spot, resume rolling over the muscle group, repeating the process of searching and pausing on other areas as needed.

**Deep, controlled breathing can significantly enhance the effectiveness of your stretches.**

Remember to inhale deeply through the nose and exhale slowly through the mouth. This helps to relax the muscles and allows for a greater range of motion.



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Remember to inhale deeply through the nose and exhale slowly through the mouth.

# Practice these stretches 3-4 times a week to maintain flexibility and prevent injuries.

If you rather do it with me I have a space for you in my online CIRCL Mobility class!

Book today CIRCL Mobility at:

<https://www.bodyshapingtraining.com/book-online>

or scan the barcode:





## NEXT STEPS

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THIS GUIDE IS DESIGNED TO GIVE YOU A HEAD START ON YOUR FITNESS GOALS, WHETHER THAT'S FAT LOSS, OPTIMAL HEALTH OR INCREASING SIZE AND STRENGTH.

AND IF YOU'RE LOOKING FOR MORE DETAILED, TAILORED NUTRITIONAL ADVICE AND DEDICATED SUPPORT TO KEEP YOU ON TRACK, THAT'S WHERE I CAN SUPPORT.

I'D LOVE TO SUPPORT YOU THROUGH THE NEXT STEPS IN YOUR FITNESS JOURNEY TOWARDS A HEALTHIER, HAPPIER YOU.

BOOK A CALL WITH ME BELOW TO DISCUSS HOW I CAN HELP YOU ACHIEVE YOUR HEALTH AND FITNESS GOALS WITH PERSONALISED GUIDANCE AND ACCOUNTABILITY.

For personalised advice, training programs and any questions email:

[zuza@bodyshapingtraining.com](mailto:zuza@bodyshapingtraining.com)

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