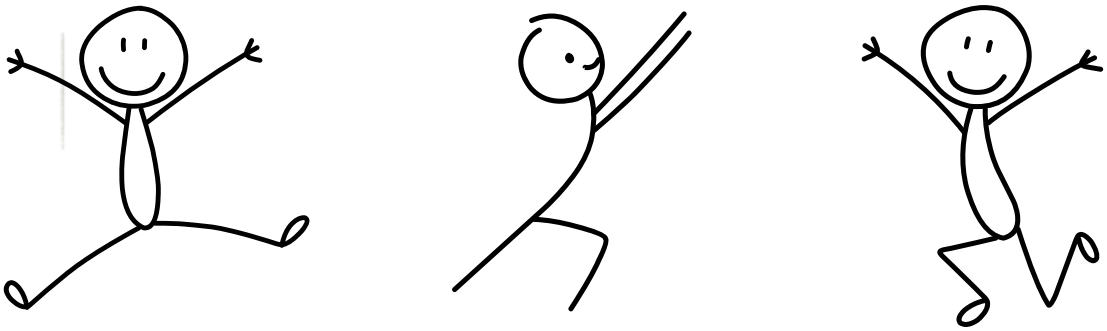
KickStart Mobility

Move better. Run smoother. Feel stronger

kickonfitness.com



WHAT IS MOBILITY?

Mobility isn't flexibility. It's not about touching your toes or forcing a stretch. Mobility is your ability to **move a joint through its full range of motion with control** — strength + stability + coordination working together.

For runners, mobility is the difference between a stride that feels smooth and powerful... and one that feels sticky, tight, or inefficient.

WHY MOBILITY MATTERS

Mobility keeps joints moving the way they're designed to. It reduces stiffness, improves stride efficiency and makes every workout feel better

- Better running form
- Fewer aches & pains
- Stronger, safer strength sessions
- Faster recovery
- More ease in everyday movement

HOW TO USE THESE EXERCISES

These mobility exercises quickly unlock the hips, spine, and ankles without needing equipment or long routines. They restore movement quality, reduce stiffness, and help your stride feel smoother and more efficient.

Use them before a run to prime your body, after a run to reduce tightness, or anytime during the day when you feel "stuck" from sitting or after strength training. Mobility keeps your posture tall, your joints moving freely, and your running mechanics strong.

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Exercise Library

CAT-COW FLOW – Spine Mobility

FORM

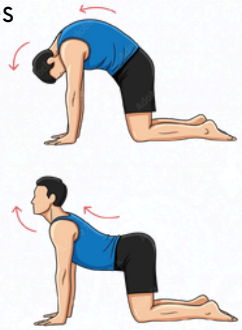
- Start on hands and knees with a long neutral spine
- Inhale: drop belly, lift chest & gently arch back (Cow). Keep shoulders away from ears
- Exhale: round spine, press floor away, tuck your tail (Cat)
- Move slowly through full range, matching breath to motion

WHY IT MATTERS

- Smooth transitions
- Full spinal wave — neck to tail
- No forcing end-ranges

REPS

8–10 slow cycles



HIP CIRCLES – Hip Capsule Mobility

FORM

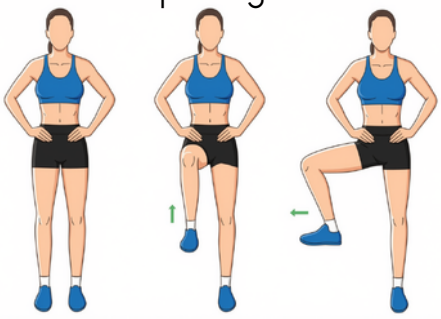
- Stand tall, brace ribs down
- Lift one knee to hip height
- Draw a slow, controlled circle outward
- Keep pelvis quiet and torso tall
- Reverse direction

FOCUS

- Movement from hip joint
- No leaning or twisting
- Slow, controlled arcs

REPS

5 each direction per leg



HEEL TO TOE ROCKERS - Ankle Mobility

FORM

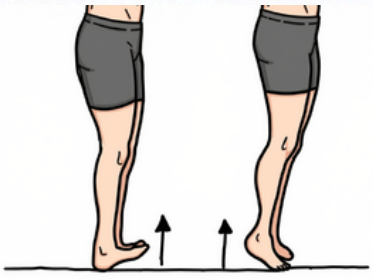
- Stand tall with feet hip-width apart
- Rise onto toes
- Slowly rock back onto heels
- Keep knees soft and core engaged
- Repeat smooth, controlled reps

WHY IT MATTERS

- Builds ankle control and strengthens both ends of the range of motion.

REPS

12 back & forth



OPEN BOOKS – Thoracic Rotation Mobility

FORM

- Lie on side, knees stacked
- Reach top arm across body
- Rotate ribcage, not hips
- Follow hand with eyes
- Return slowly

WHY IT MATTERS

- Opens tight chest and shoulder tissues from long hours of sitting, making upright posture easier to maintain.



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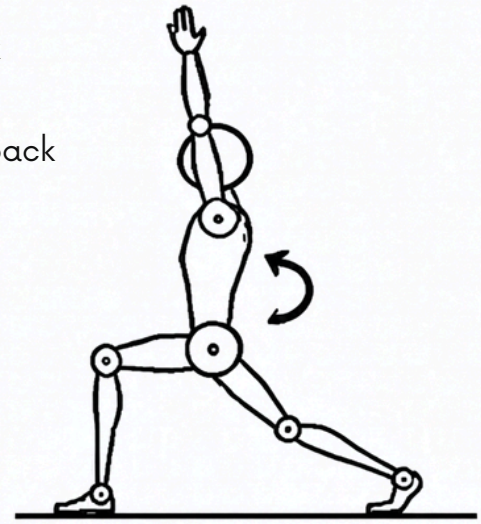
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Exercise Library

LUNGE REACH – HIP + SPINE MOBILITY

FORM

- Step into a long lunge with hips square and back heel lifted
- Keep front knee stacked over mid-foot
- Reach arms overhead without arching your low back
- Keep ribs down & core lightly braced
- Lengthen through hips as you inhale
- Exhale and gently rotate toward the front leg
- Return to standing and switch sides



FOCUS

Opens tight hip flexors while training stability through your front leg, improving stride mechanics and reducing low back tension

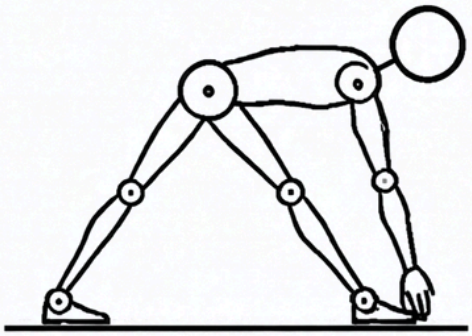
REPS

4-6 each side

HAMSTRING SWEEP – POSTERIOR CHAIN MOBILITY

FORM

- Step one foot forward
- Sweep hands toward foot while keeping spine long
- Feel stretch through hamstring
- Return to standing and switch sides



FOCUS

- Long spine
- Gentle tension
- Smooth hinge

REPS

6 each side

STANDING FIGURE-4 SIT – HIP CAPSULE MOBILITY

FORM

- Stand tall, cross ankle over opposite knee
- Sit back into a mini squat
- Keep chest lifted and pelvis level
- Hold steady breathing



FOCUS

- Glute + hip capsule stretch
- No collapsing chest
- Controlled sit

REPS

20-30 seconds each side

****Hold on to back of chair for balance assist if needed****