

Fit for Life Mobility Programme

Flexibility refers to the range of movement available at a specific joint, whereas mobility is the range that a joint can work through during dynamic activities such as running. Having adequate mobility particularly around the ankles, hips and thoracic spine is important for runners to ensure that a sound posture can be sustained during the gait cycle. This program aims to enhance mobility across these areas using a combination of Active Stretches and Dynamic Mobilisations.

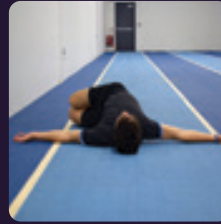


1. Knee to Walls

Aim: Stretch the soleus muscle and mobilise the ankle joint

Technique:

- Stand facing a wall.
- Place one leg forward with your foot 12–15 cm from the wall.
- Keep your heel on the ground and push your knee forward toward the wall.
- Hold for 3–4 sec, Repeat x10 each side.



7. Lumbar Rotations

Aim: To mobilise the lumbar spine

Technique:

- Lie on back, knees bent, arms at 90°.
- Drop knees to the side, keeping them together.
- Hold 3–4 sec then return.
- Repeat x5 each side.

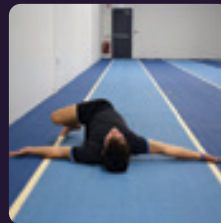


2. Inch Worms

Aim: To stretch through your calf, hamstring and lower back

Technique:

- Begin in a press-up position.
- Walk your feet forward slowly, alternating left and right, dropping heels towards the floor with each step.
- Bend only at the hips, keeping legs straight.
- Once in an inverted V position, walk hands forward to return to start.
- Hold for 3–4 sec, Repeat x5.

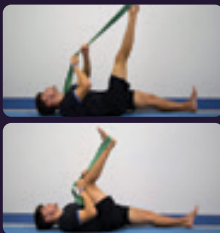


8. Crucifix Stretches

Aim: To stretch Glutes and Lower Back

Technique:

- Lie on back, arms out, legs outstretched.
- Pull right knee to chest and rotate left, bringing it to the floor.
- Hold 3–4 sec and return.
- Repeat x5 each side.



3. Hamstring Stretch

Aim: Stretch the hamstring muscles

Technique:

- Lie on your back. Use a belt/rope to assist the stretch as you lift one leg, keeping the knee straight. Hold 3–4 sec.
- Bent Knee: Pull knee to chest, then try to straighten it while maintaining hip flexion using belt/rope.
- Hold 3–4 sec, Repeat x10 each side.



9. Pigeon Stretches

Aim: To stretch glutes and lower back and mobilise the hip joints

Technique:

- Front knee in line with hip, rear leg extended.
- Hips square.
- Lengthen spine tall to stretch rear leg.
- Flex forward to stretch front leg.
- Repeat x5 each side.

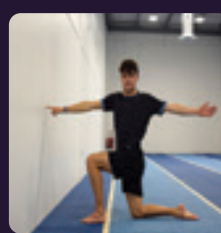


4. Quadriceps & Hip Flexor Stretch

Aim: To stretch the Quadriceps & Hip Flexors

Technique:

- Kneeling lunge position. Rear foot on bench/chair.
- Quadriceps: Pull posture tall & push back to bring backside to heel. Hold 3–4 sec.
- Hip Flexors: From above, bring hands to floor, push hips forward/down.
- Hold 3–4 sec, Repeat x5 each side.

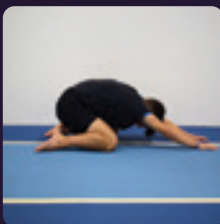


10. Kneeling Lunge Thoracic Rotation

Aim: Mobilise the Thoracic Spine

Technique:

- Kneeling lunge position facing a wall.
- Left knee forward, right hand to wall.
- Rotate spine, left arm moves backward until arms are in line.
- Hold 3–4 sec then return.
- Repeat x5 each side.



5. Child Pose

Aim: To mobilise ankles, hips & thoracic spine

Technique:

- 4-point kneeling position.
- Keep hands on floor as you sit back onto heels.
- Hold 3–4 sec then return to start.
- Repeat x10.

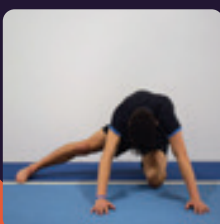


11. Wall Angels

Aim: To improve thoracic and shoulder mobility

Technique:

- Squat against a wall, back flat, arms by side.
- Raise arms into W/90:90 position.
- Extend arms overhead keeping them in contact with wall.
- Hold 3–4 sec, then reverse.
- Repeat x10.

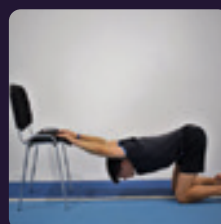


6. Adductor Stretch

Aim: Stretch the Adductor muscles and mobilise the hip joint

Technique:

- Half kneeling position. One leg out to the side.
- Knee extended on outstretched leg, sit back onto heel, support with arms.
- Hold 3–4 sec then return to start.
- Repeat x5 each side.



12. Bench Rockers

Aim: To mobilise the thoracic spine and shoulders

Technique:

- Kneeling position, arms on bench/chair.
- Lower trunk towards floor to stretch shoulders/thoracic spine.
- Hold 3–4 sec.
- Repeat x10.