

MOVEMENT BY DAVID

# TOTAL POSTURE & SPINAL MOBILITY 2.0

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The beginner's guide to building  
complete spinal mobility and  
posture.

*Stay flexy*

# WELCOME!

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## The Guide to Improved Flexibility and Mobility!

Welcome to the world of enhanced spinal 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 spine and improved posture.

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 spinal 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 SPINAL MOBILITY & POSTURE

Your spine and posture form the essential framework for many daily activities and physical movements. Fostering your spinal and postural mobility is a commitment to your enduring physical health and well-being.

With improved spinal and postural mobility, you'll discover new abilities you never thought possible - from mastering the art of standing tall to making simple daily movements like bending or twisting more fluid. So, let's kick off this journey! I've designed the upcoming four weeks with insightful guidance, practical techniques, and inspiring motivation to dramatically enhance your spinal and postural mobility. Your pathway to improved movement begins here. Let's turn this into reality!



## RESULTS YOU CAN EXPECT

1. Enhanced posture
2. Better balance, coordination, and stability
3. Improvement in back pain/discomfort
4. Increase in athletic performance (in sports and everyday activities)
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 exercises below are designed to boost circulation to your spinal region and help to relax the surrounding muscles. This makes it easier and more comfortable to perform your stretching routine, contributing to overall spinal mobility.

## WARM UP CHECKLIST

MOVEMENT TO COMPLETE (2 sets each)	COMPLETED?
10-15 reps. Neck tilts	<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!

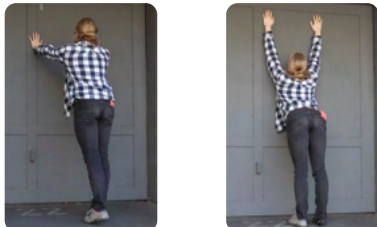
# SPINAL MOBILITY PROGRAM: WEEK 1

## DAY 1

### Wall Extension

**Description** Sets 2 Time 30 sec.

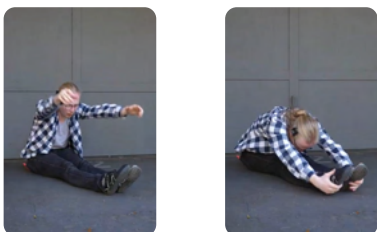
Stand facing a wall with hands against it at shoulder level. Step back slightly, keeping arms straight, and lean forward to arch your upper back. Hold for a few seconds to stretch the chest and shoulders.



### Pike

**Description** Sets 1 Time 30 sec.

Sit on the ground, extend legs straight in front, and reach forward towards toes, trying to touch them. Keep your back straight and hold targeting your lower back.



### Wall Lat Stretch

**Description** Sets 1 Time 30 sec.

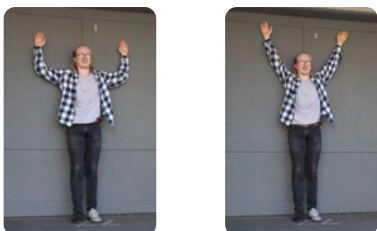
Stand facing a wall, place your elbows on the wall above shoulder height. Take a step back and lean your upper body into the wall.



### Wall Angels

**Description** Sets 1 Reps 10

Stand against a wall, bend elbows at 90 degrees, and slowly slide them up and down the wall. Maintain contact with the wall especially elbows and wrists throughout.

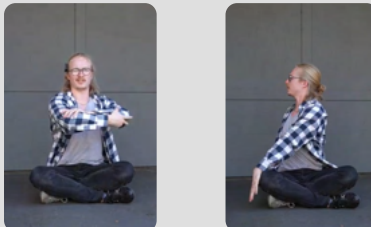


## DAY 2

### Seated Twists

**Description** Sets 1 Time 30 sec.

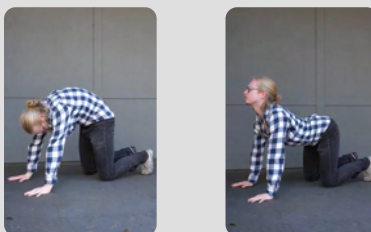
Sit with on the ground with your legs crossed. Twist your torso to the side, using your arm for leverage - this is a passive stretch. Hold the twist, then switch sides to release tension in the back and spine.



### Cat-Cow

**Description** Sets 1 Reps 10

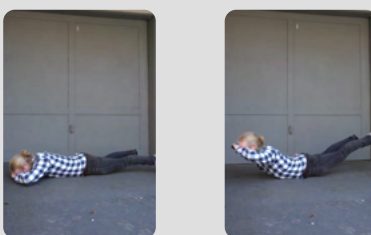
Get on hands and knees, arch your back up like a cat with your head facing down, and then arch it down like a cow. Flow smoothly from one position to the other.



### Basic Back Lift

**Description** Sets 2 Reps 10

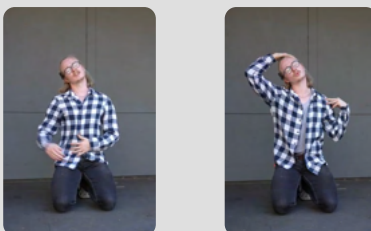
Lie face down, hands next to shoulders or under your head, and lift upper body off the ground. Lower back down and repeat.



### Lateral Neck Stretch

**Description** Sets 1 Time 30 sec.

Stand or sit with a straight back, tilt your head to one side, bringing your ear towards your shoulder. You can use your hands to gently pull your head closer to your shoulder.

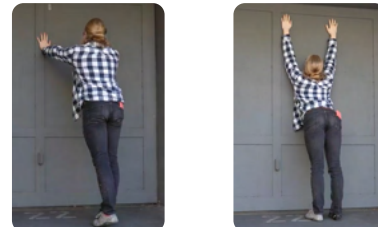


## DAY 3

### Wall Extension

**Description** Sets 2 Time 30 sec.

Stand facing a wall with hands against it at shoulder level. Step back slightly, keeping arms straight, and lean forward to arch your upper back. Hold for a few seconds to stretch the chest and shoulders.



### Pike

**Description** Sets 2 Time 30 sec.

Sit on the ground, extend legs straight in front, and reach forward towards toes, trying to touch them. Keep your back straight and hold targeting your lower back.



### Wall Lat Stretch

**Description** Sets 2 Time 30 sec.

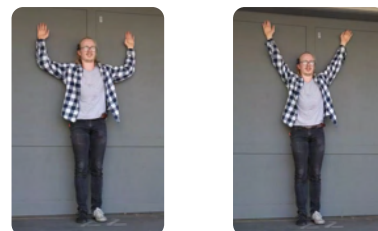
Stand facing a wall, place your elbows on the wall above shoulder height. Take a step back and lean your upper body into the wall.



### Wall Angels

**Description** Sets 1 Reps 10

Stand against a wall, bend elbows at 90 degrees, and slowly slide them up and down the wall. Maintain contact with the wall especially elbows and wrists throughout.





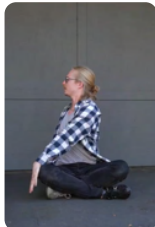
# SPINAL MOBILITY PROGRAM: WEEK 2

## DAY 1

### Seated Twist

**Description** Sets 2 Time 30 sec.

Sit with on the ground with you legs crossed. Twist your torso to the side, using your arm for leverage - this is a passive stretch. Hold the twist, then switch sides to release tension in the back and spine.



### Cat-Cow

**Description** Sets 2 Reps 10

Get on hands and knees, arch your back up like a cat with your head facing down, and then arch it down like a cow. Flow smoothly from one position to the other.



### Basic Back Lift

**Description** Sets 2 Reps 10

Lie face down, hands next to shoulders or under your head, and lift upper body off the ground. Lower back down and repeat.



### Lateral Neck Stretch

**Description** Sets 1 Time 30 sec.

Stand or sit with a straight back, tilt your head to one side, bringing your ear towards your shoulder. You can use your hands to gently pull your head closer to your shoulder.

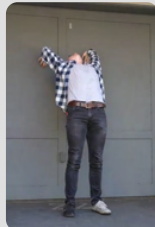


## DAY 2

### Wall Back Bend Walkdown

**Description** Sets 2 Reps 10

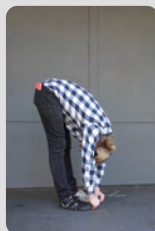
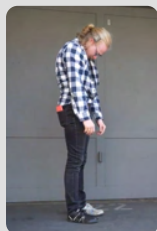
Stand facing away wall and gently arch your back to place your hands on the wall behind you. Walk them down as far as you are able to.



### Roll Down

**Description** Sets 1 Reps 5

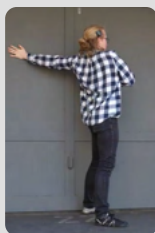
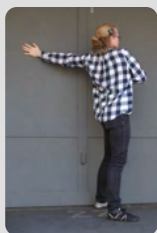
Stand with your feet hip-width apart and slowly roll your upper body forward, one vertebra at a time, until your hands touch the ground or as far as you can comfortably go then slowly back up.



### Wall Chest Stretch

**Description** Sets 1 Time 30 sec.

Stand next to a wall and place your forearm against it while keeping your arm straight. Gently lean forward to stretch your chest.



### Wall Angels

**Description** Sets 1 Reps 10

Stand against a wall, bend elbows at 90 degrees, and slowly slide them up and down the wall. Maintain contact with the wall throughout to engage shoulder and upper back muscles.



## DAY 3

### Active Twist Hold

**Description** Sets 1 Time 30 sec.

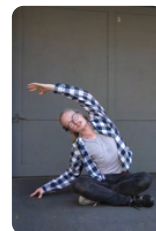
Sit with on the ground with you legs crossed. Twist your torso to the side and hold yourself in that position (without using arms for leverage) - this is an active stretch.



### Lateral Stretch

**Description** Sets 1 Time 30 sec.

Stand with feet hip-width apart or sit, and reach one arm overhead. Lean over in the direction of your arm to feel the stretch in your side.



### Cat

**Description** Sets 2 Time 30 sec.

Get on hands and knees then arch your back up like a cat with your head facing down.



### Cow

**Description** Sets 2 Time 30 sec.

Get on hands and knees then arch your back down like a cow with your head looking straight.



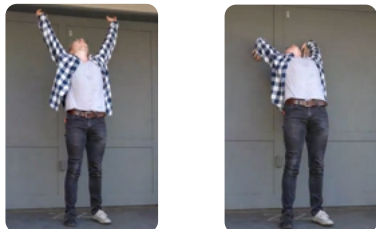
# SPINAL MOBILITY PROGRAM: WEEK 3

## DAY 1

### Wall Back Bend Walkdown

**Description** Sets 2 Reps 10

Stand facing away wall and gently arch your back to place your hands on the wall behind you. Walk them down as far as you are able to.



### Roll Down

**Description** Sets 2 Reps 5

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 then slowly back up.



### Wall Chest Stretch

**Description** Sets 2 Time 30 sec.

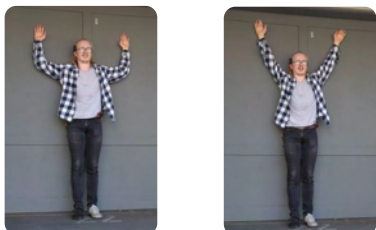
Stand next to a wall and place your forearm against it while keeping your arm straight. Gently lean forward to stretch your chest.



### Wall Angels

**Description** Sets 1 Reps 10

Stand against a wall, bend elbows at 90 degrees, and slowly slide them up and down the wall. Maintain contact with the wall especially elbows and wrists throughout.

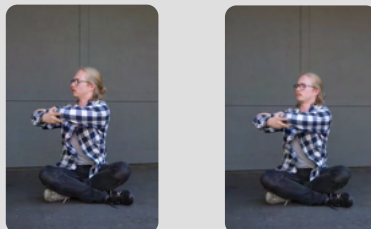


## DAY 2

### Active Twist Hold

**Description** Sets 2 Time 30 sec.

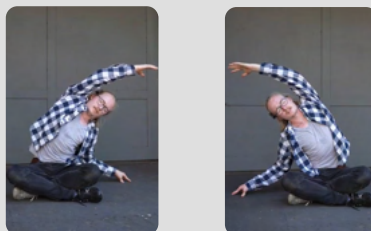
Sit with on the ground with you legs crossed. Twist your torso to the side and hold yourself in that position (without using arms for leverage) - this is an active stretch.



### Lateral Stretch

**Description** Sets 2 Time 30 sec.

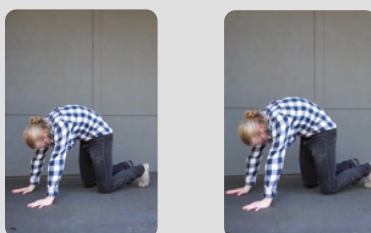
Stand with feet hip-width apart or sit, and reach one arm overhead. Lean over in the direction of your arm to feel the stretch in your side.



### Cat

**Description** Sets 2 Time 30 sec.

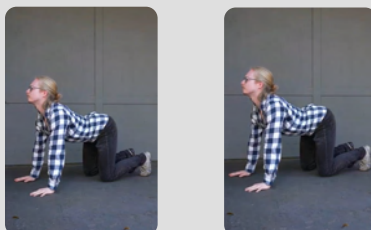
Get on hands and knees then arch your back up like a cat with your head facing down.



### Cow

**Description** Sets 2 Time 30 sec.

Get on hands and knees then arch your back down like a cow with your head looking straight.

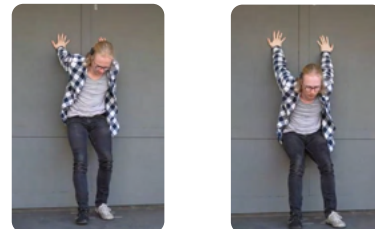


## DAY 3

### Chair or Wall Extension

**Description** Sets 2 Time 30 sec.

Sit on a chair, place hands on the backrest, and gently arch your upper back to push your chest forward. Hold for a few seconds to stretch the front of the body.



### Sit & Reach

**Description** Sets 1 Time 30 sec.

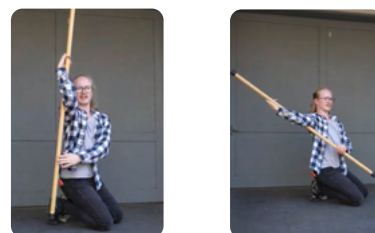
Sit on the ground with your legs extended straight in front of you. Reach both hands forward, trying to reach past your toes or as far as you can go. Hold this position to feel the stretch.



### Shoulder External Rotation

**Description** Sets 1 Time 30 sec.

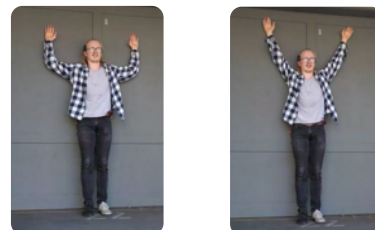
Sit with straight back then hold a broomstick behind your shoulder. Grab the back of the broomstick with your hand so that your arm is now wrapped around it. Gently pull the broomstick up from the bottom.



### Wall Angels

**Description** Sets 1 Reps 10

Stand against a wall, bend elbows at 90 degrees, and slowly slide them up and down the wall. Maintain contact with the wall especially elbows and wrists throughout.



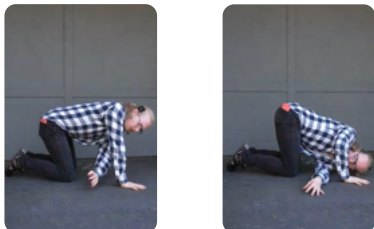
# SPINAL MOBILITY PROGRAM: WEEK 4

## DAY 1

### Thread the Needle

**Description** Sets 1 Time 30 sec.

Start on hands and knees, reach one arm under your body and across the ground, resting your shoulder and ear on the ground. Hold this position.



### Lunging Lateral Stretch

**Description** Sets 1 Time 30 sec.

Step into a lunge position, reach one arm overhead, and lean over in the direction of your arm to feel the stretch in your side and hip.



### Shoulder Internal Rotation

**Description** Sets 2 Time 30 sec.

Stand with your back straight and your hand on your hip. Place your other hand on your elbow and gently pull it forward to rotate your shoulder inward.



### Cat-Cow

**Description** Sets 1 Reps 5

Get on hands and knees, arch your back up like a cat with your head facing down, and then arch it down like a cow. Flow smoothly from one position to the other.

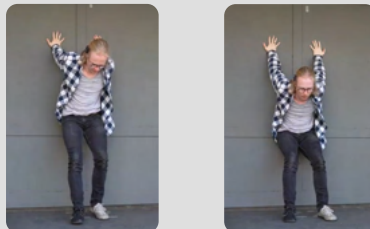


## DAY 2

### Chair or Wall Extension

**Description** Sets 2 Time 30 sec.

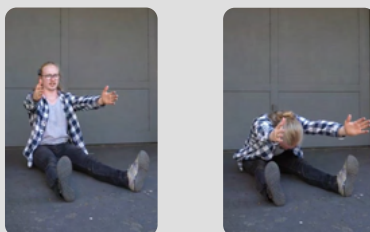
Sit on a chair, place hands on the backrest, and gently arch your upper back to push your chest forward. Hold for a few seconds to stretch the front of the body.



### Sit & Reach

**Description** Sets 2 Time 30 sec.

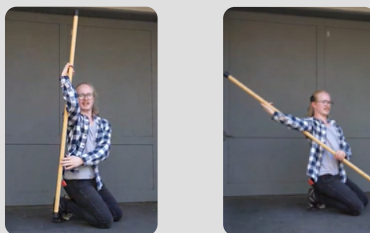
Sit on the ground with your legs extended straight in front of you. Reach both hands forward, trying to reach past your toes or as far as you can go. Hold this position to feel the stretch.



### Shoulder External Rotation

**Description** Sets 2 Time 30 sec.

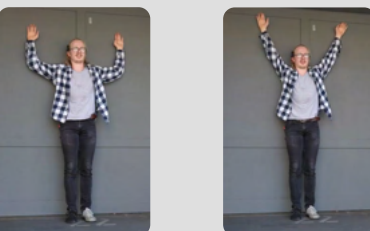
Sit with straight back then hold a broomstick behind your shoulder. Grab the back of the broomstick with your hand so that your arm is now wrapped around it. Gently pull the broomstick up from the bottom.



### Wall Angels

**Description** Sets 1 Reps 10

Stand against a wall, bend elbows at 90 degrees, and slowly slide them up and down the wall. Maintain contact with the wall especially elbows and wrists throughout.

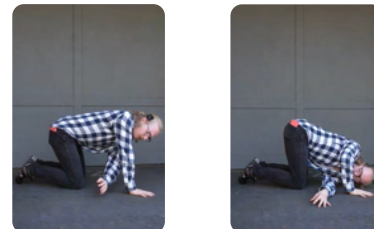


## DAY 3

### Thread the Needle

**Description** Sets 2 Time 30 sec.

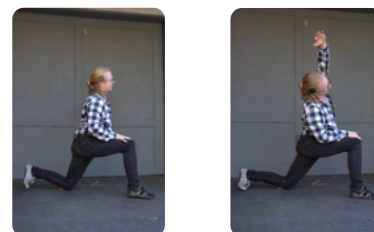
Start on hands and knees, reach one arm under your body and across the ground, resting your shoulder and ear on the ground. Hold this position.



### Lunging Lateral Stretch

**Description** Sets 2 Time 30 sec.

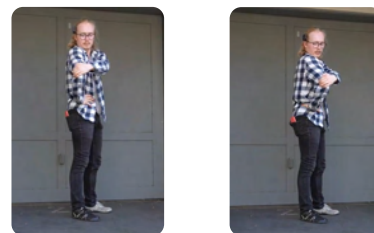
Step into a lunge position, reach one arm overhead, and lean over in the direction of your arm to feel the stretch in your side and hip.



### Shoulder Internal Rotation

**Description** Sets 2 Time 30 sec.

Stand with your back straight and your hand on your hip. Place your other hand on your elbow and gently pull it forward to rotate your shoulder inward.



### Cat-Cow

**Description** Sets 1 Reps 5

Get on hands and knees, arch your back up like a cat with your head facing down, and then arch it down like a cow. Flow smoothly from one position to the other.



# MY PHILOSOPHY TO FLEXIBILITY

## YOU MADE IT!

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

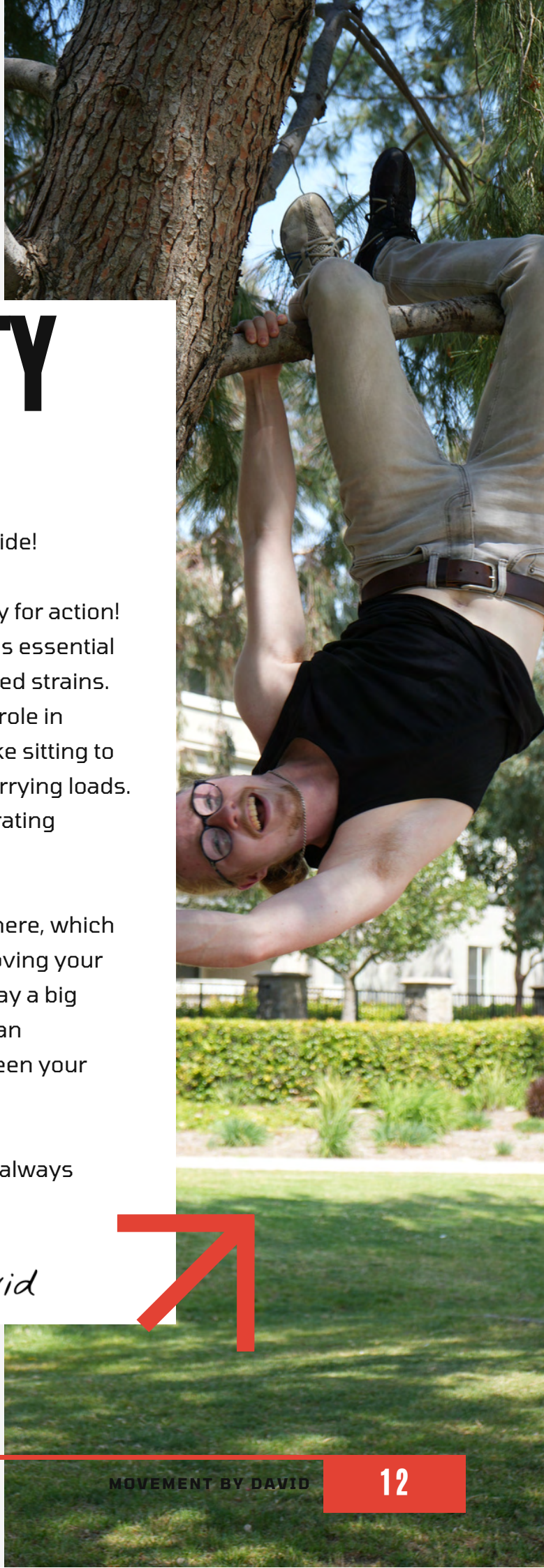
Your spine should be feeling limber and ready for action! Prioritizing spinal mobility and good posture is essential for moving with ease and preventing unwanted strains. After all, our spine and posture play a central role in virtually everything we do, from daily tasks like sitting to more intensive activities like exercising or carrying loads. This underscores the significance of incorporating mobility exercises into your regular routine.

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 SPINAL ISSUES?

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

Yes, you can combine the spinal 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

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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 Thurvin*

 @MOVEMENTBYDAVID

 [WWW.STAYFLEXY.CO](http://WWW.STAYFLEXY.CO)

 [TRAINING@STAYFLEXY.CO](mailto:TRAINING@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.†

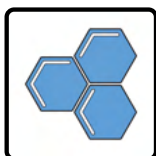
## What Makes Flexy Joints Effective?

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!

**UNLOCK 20% DISCOUNT!**

(Automatically applied at checkout)

Click here!





## DISCLAIMER

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