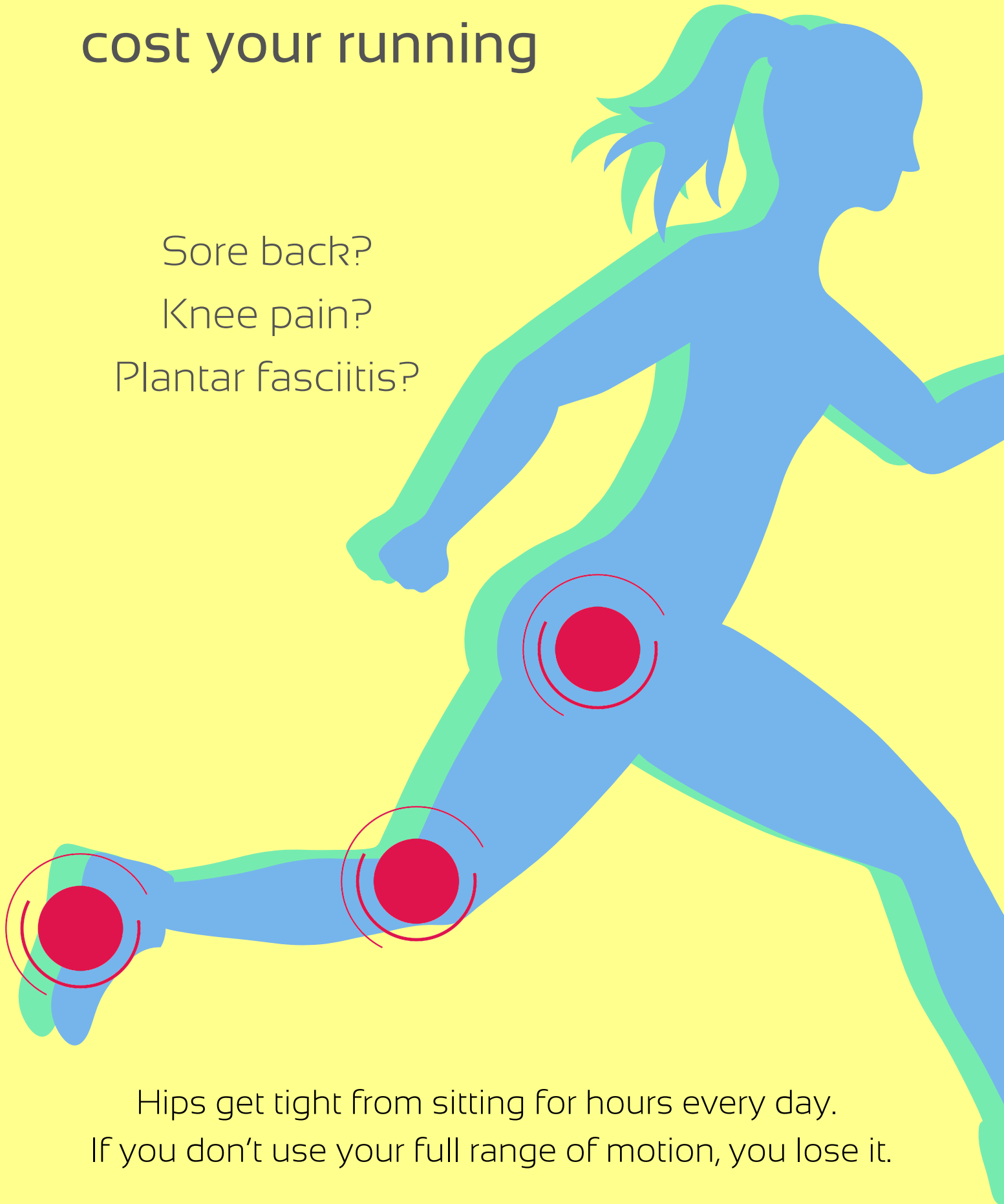


# Why ignoring hip mobility could cost your running

Sore back?  
Knee pain?  
Plantar fasciitis?



Hips get tight from sitting for hours every day.  
If you don't use your full range of motion, you lose it.

# The Mobility Hub



Online monthly membership with exercises to assess and restore joint mobility. Recover from setbacks and avoid future injury.

Just £8 a month!

No contract, unsubscribe anytime.



Assess your current range of motion & understand how it affects your movement.



Simple exercises to do at home inspired by yoga, pilates and functional movement philosophy.



New sequences added every month, with a step-by-step approach to learning the movements.

[www.sportrestoreyoga.co.uk/mobility](http://www.sportrestoreyoga.co.uk/mobility)