

# Beginning Movement and Flexibility Workout

with

CHARLOTTE

*Dolman*

PERSONAL TRAINING





# Hello!

..... and thank you for signing up to the class that I have kindly been offered to run for you this year. Its great that so many have you have signed up and so I look forward to meeting you!

As you may know, I am a certified Level 3 personal trainer in the UK and have been helping people for a few years now.

**My passion and drive in my career as a coach is to help as many individuals as I can realise their full potential, both physically and mentally, and that no matter who you are, what you do, or what stage in life you are at, it is never too late to start!!**



**I'd just like to take a moment to discuss with you the reason behind this and why why I was so excited and honoured to facilitate.**

**In fact, I am sure you are aware that the reason why this Workshop is being offered is to aid in emphasising the importance of Wellbeing, looking after your health, your mind and your body.**

**You will see from the title of this Workshop or this hr long class, that we shall be focusing on physical moment and mobility and posture.**

**Whether you are returning to physical movement after a break or whether it has been quite a time since you have paid much needed attention to yourselves!**

**Whom ever you are, I hope to inspire and help you realise the importance of movement, and in fact, moving "well" is to our lives, and wellbeing.**

A woman in a black sports bra and white shorts is performing a handstand on a dark, layered rock wall. Her right leg is extended upwards, touching the rock. The background shows a beach, trees, and a cloudy sky.

## Desk Stretches and Mobility

Take moments out of your day to work through a few of these stretches, easily done at your desk chair

## Strength Movements

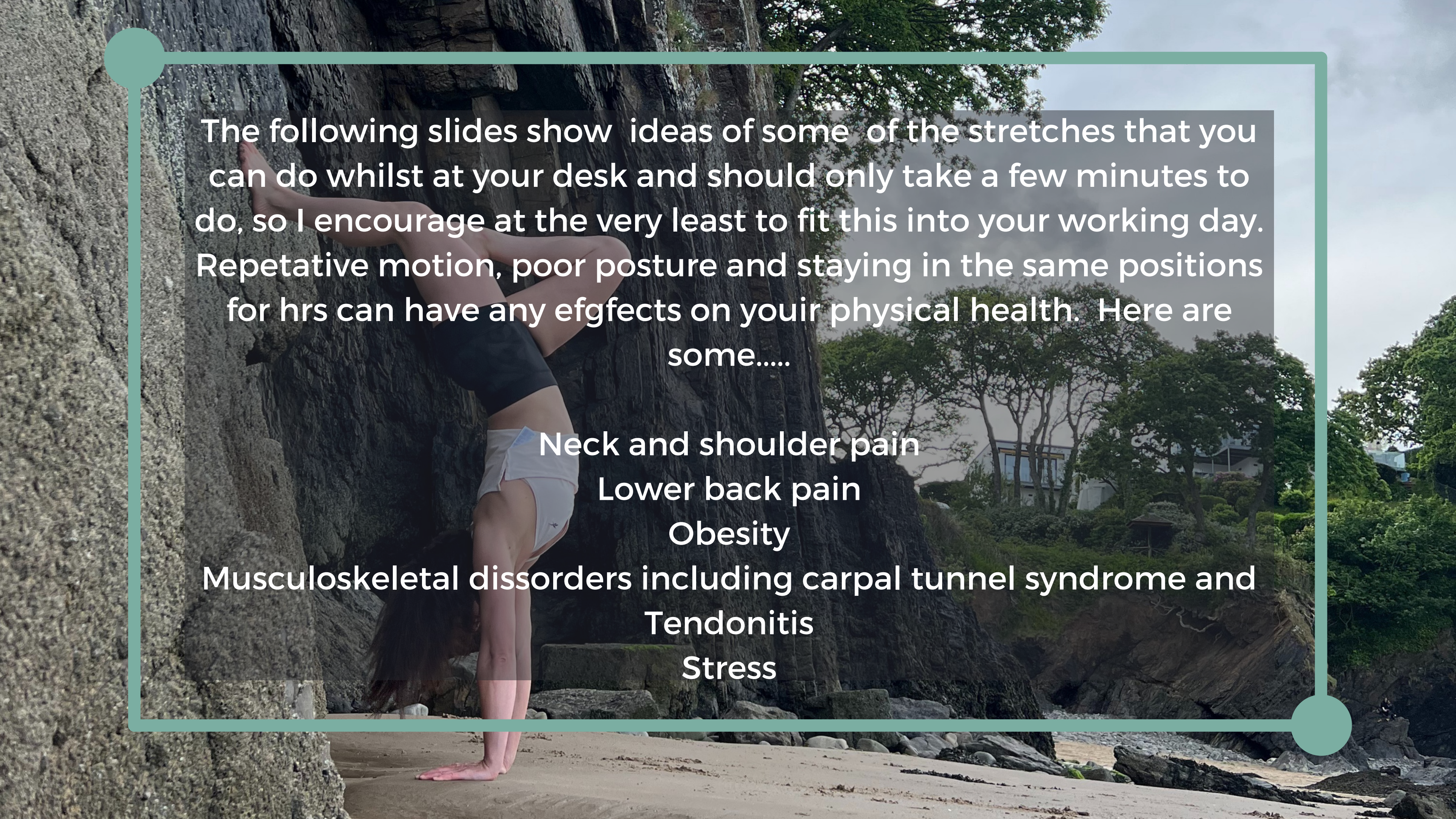
Here I take you through some fundamental strength movements that you can do using your body weight/ minimal equipment

## Interval Training

It's important to elevate your heart rate to get your heart to work and encourage more blood flow

## Flexibility Flow

Finishing off with a slow flexibility flow taking time to breathe and relax

A woman in a black sports bra and white shorts is performing a handstand on a sandy beach. She is balancing on her hands, with her feet tucked up towards her head. The background features a large, dark rock formation and some greenery. The text is overlaid on a semi-transparent dark grey box.

The following slides show ideas of some of the stretches that you can do whilst at your desk and should only take a few minutes to do, so I encourage at the very least to fit this into your working day. Repetative motion, poor posture and staying in the same positions for hrs can have any effects on your physical health. Here are some.....

Neck and shoulder pain

Lower back pain

Obesity

Musculoskeletal disorders including carpal tunnel syndrome and

Tendonitis

Stress



**Back Extention**



**Upper back stretch**



**Pectoralis Stretch**



**Shoulder stretch**



**Tricep Stretch**



**Backwards neck stretch**



**Neck side stretch**



**Hip and glute stretch**



**Forearm and  
Finger stretch**



**Quadracep Stretch**



**Seated Hamstrng  
Stretch**



**Hip Flexor Stretch**





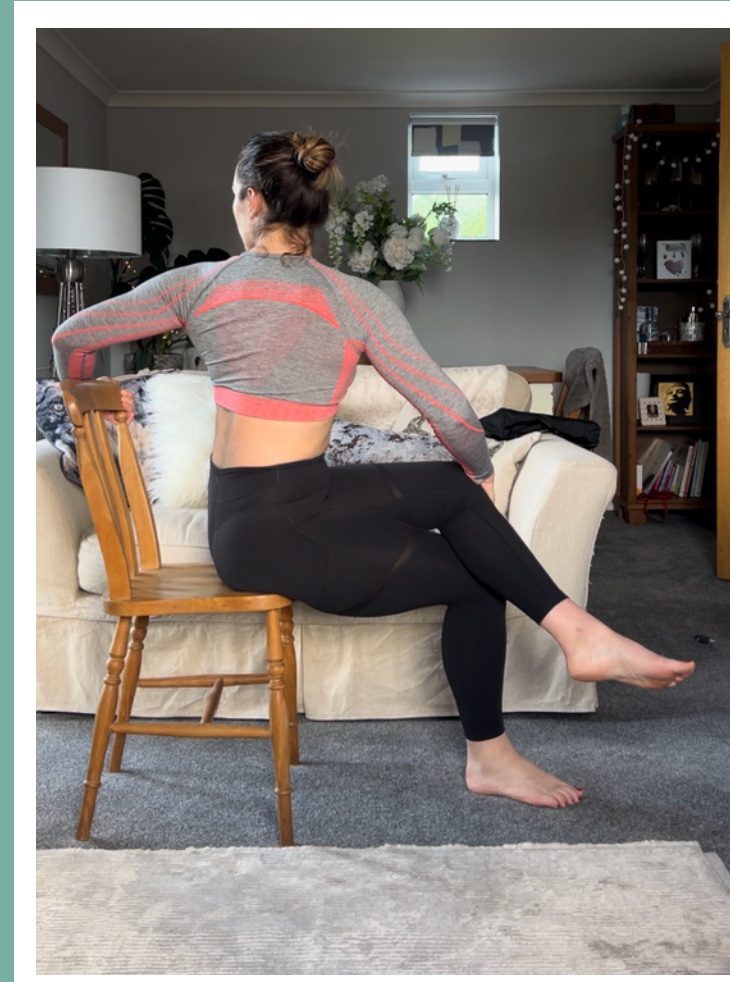
**Side Bend**



**Knee Extension  
and Flexion**



**Glute Stretch with rotation**





Please come along with comfortable clothing that you can move freely in and ensure to have water nearby.

I really look forward to seeing you all, hope that you enjoy the class and I will be available at the end of you have a any further questions or would like any advice at all.

Have a great day, Charlotte x



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