

KITE DON'T AGE // FREE GUIDE

THE KITER'S 10-MINUTE FLEXIBILITY ROUTINE

The mobility and core routine we use before and after sessions to keep our backs, hips and knees happy, so we can keep riding hard for decades.

By Jan from **Kitehomiez** // kitedontage.com

START HERE

WHY KITERS STIFFEN UP

Kiting is one of the best sports there is for staying young: power, balance, fresh air and pure joy. But it also loads your body in a very specific way, hour after hour.

THE HARNESS PULL

The kite pulls your hips forward and arches your lower back. Hours of that leave your **lower back** tight and your **hip flexors** short.

THE LOCKED STANCE

You hold the same riding stance for long stretches. The hips lose **rotation**, the deep groin muscles stay switched on to stabilize the joint.

THE BAR

Holding the bar pulls your shoulders forward and rounds your mid-back. Forearms and elbows take a beating in gusty wind.

THE LANDINGS

Every jump and every chop line is absorbed by your knees, ankles and hips. Stiff joints pass that shock on to the next joint up.

THE BIG IDEA

Most post-session tightness isn't short muscles. It's your **nervous system guarding your joints**. Forcing a deep stretch makes it guard harder. The fix is a sequence: **calm it, center the joint, open it up, then lock the new range in with strength.** That's how this whole routine is built.

INSIDE

WHAT'S IN THIS GUIDE

01 The breathing rule (use it in every hold)

02 3-minute beach warm-up, before you launch

03 5-minute post-session reset, while your kite dries

04 The full routine for flat days (15 to 20 minutes)

05 10-minute core for a pain-free back

06 Your weekly plan + what we take every day

01 // USE IT EVERYWHERE

THE BREATHING RULE

4 SECONDS IN, 8 SECONDS OUT

During every hold and stretch, breathe in through your nose for 4 seconds and out slowly through your mouth for 8. Long exhales shift your body into rest-and-repair mode, and that's when guarded muscles let go. Each exhale, let yourself sink a little deeper. **Never force it.**

02 // BEFORE YOU LAUNCH

3-MINUTE BEACH WARM-UP

Cold hips and a stiff mid-back are how strains happen on the first jump. This wakes everything up while your buddy checks the lines.

10 PER SIDE

THORACIC ROTATIONS

On all fours (or standing in a slight squat), hand behind your head, rotate your elbow up toward the sky and back down. Move only through the upper back.

Why: a mobile mid-back spreads the twist of a crash instead of loading one spot.

5 CIRCLES PER SIDE, EACH DIRECTION

FIRE HYDRANT CIRCLES

On all fours, lift one bent knee out to the side and draw big slow circles. Keep your back still.

Why: lubricates the hip joint and switches on the deep stabilizers.

10 TOTAL

COSSACK SQUATS

Wide stance. Shift your weight into one leg and sink into a deep side squat while the other leg stays straight, toes up. Glide to the other side.

Why: opens the groin and warms up the legs for the first pops.

10 REPS + 10 ARM SWINGS

SQUATS WITH ARM SWINGS

Ten easy bodyweight squats, then big arm swings across the chest and overhead.

Why: knees, ankles and shoulders ready for load.

03 // WHILE YOUR KITE DRIES

5-MINUTE POST-SESSION RESET

If you only do one thing from this guide, make it this. Five minutes right after riding beats an hour of stretching once a week.



30 TO 60 SECONDS

1. HANG FROM A BAR

Any bar, branch or the kite school's rack. Relax your shoulders and let your body hang. Feet can stay lightly on the ground if you can't hang fully yet.

Why: unloads the spine and opens shoulders and lats after hours on the bar.

8 SLOW SWITCHES

2. 90/90 HIP SWITCHES

Sit with both knees bent at 90 degrees, one leg in front, one to the side. Chest tall, rotate both knees over to the other side. One breath at each end.

Why: brings back the hip rotation a fixed riding stance takes away.

30 SECONDS PER SIDE

3. HALF-KNEELING HIP FLEXOR STRETCH

One knee down, the other foot in front. Squeeze the glute of the down leg and shift gently forward. Don't arch your lower back.

Why: short hip flexors pull on the lower back. This releases them.

45 SECONDS

4. BLOCK SQUEEZE & ROCK

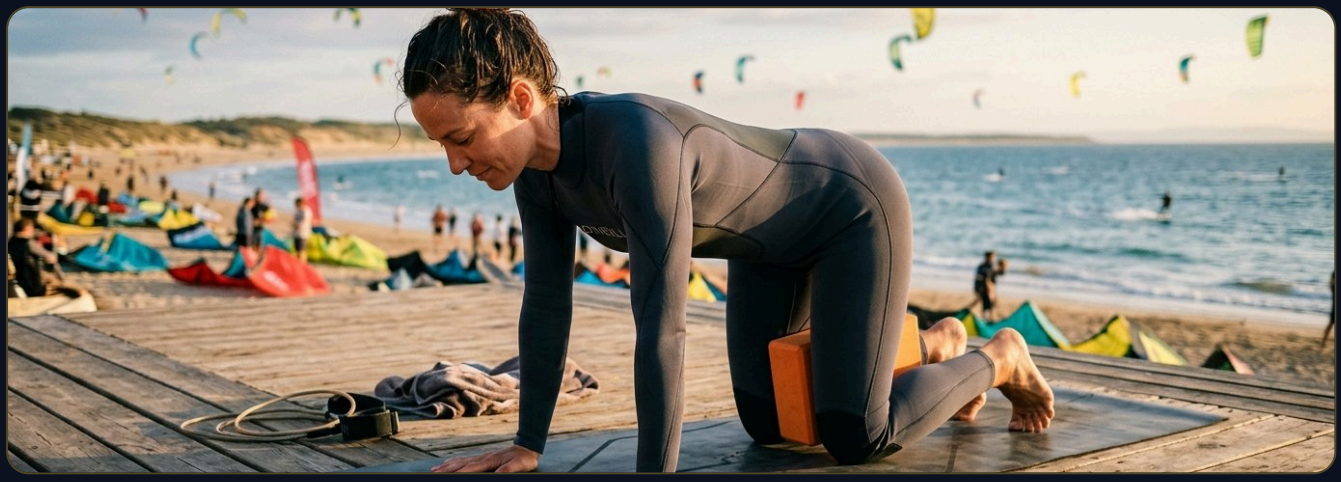
On all fours with a block, rolled towel or board bag between your knees. Squeeze at half effort and slowly rock your hips back toward your heels and forward again.

Why: centers the hip joint and tells your nervous system it's safe to let go.

04 // FLAT DAYS, 15 TO 20 MINUTES

THE FULL ROUTINE

Do this 3 to 4 times a week, ideally in the evening or on no-wind days. Four phases, always in this order.



PHASE 1: RESET (2 MIN)

2 X 45 SECONDS

BLOCK SQUEEZE & ROCK

As in the reset: block between the knees, squeeze gently, rock back and forth. Try turning your feet out a little to add internal rotation.

20 REPS

WINDSHIELD WIPERS

Sit with knees bent and feet wider than your hips. Let both knees fall to one side toward the floor, then the other.

PHASE 2: WARM UP THE HIPS (3 MIN)

5 CIRCLES PER SIDE, EACH DIRECTION

FIRE HYDRANT CIRCLES

Slow and controlled, back completely still.

1 TO 2 X 10 TOTAL

COSSACK SQUATS

Smooth side-to-side glide. Heel of the straight leg stays down, toes up.

10 GENTLE REPS

COBRA

Lie on your stomach, hands under your shoulders, press your chest up while your hips stay down. Reverses the hunched riding posture.

PHASE 3: DEEP STRETCH (5 TO 10 MIN, ONLY WHEN WARM)

Use the 4:8 breathing in every hold. Go to a strong but comfortable stretch, never pain. Start with 1 minute each and build up to 3.

1 TO 3 MIN

FROG

On all fours, slide your knees wide, feet in line with your knees, and sink your hips back.

1 TO 3 MIN

BUTTERFLY

Sit tall, soles of the feet together, heels close. Let gravity and your exhales lower the knees.

1 TO 3 MIN

PANCAKE STRADDLE

Sit with legs wide. Tilt your pelvis forward and hinge from the hips with a long chest.

1 TO 2 MIN PER SIDE

PIGEON

Front leg bent in front of you, back leg straight behind. Sink into the outer hip and glute.

PHASE 4: THE "SAVE BUTTON" (2 MIN)

2 X 15 TO 25 SLOW REPS

ADDUCTOR FLIES

Lie on your back, legs straight up. Slowly lower them wide, pause one second at the bottom, then actively squeeze them back together with your inner thighs.

Why: range you can control is range your brain lets you keep. Strength at the end of your flexibility is what stops it from disappearing by the next morning.

PROGRESS TIP

Take a photo of your butterfly and pancake on day 1 and again after 4 weeks. Most people are surprised how much changes when they're consistent with the breathing and the save button.

05 // 3 TO 4 TIMES A WEEK

10-MINUTE CORE FOR A PAIN-FREE BACK

Flexibility needs a strong frame around it. A core that resists the harness pull keeps your lower back happy; strong legs protect your knees on landings.

EXERCISE	DOSE	KEY CUE
Front plank	3 x 30-60 s	Pull ribs toward hips, tailbone slightly tucked. No sagging.
Side plank	2 x 30 s / side	Straight line head to feet. Builds the side wall that resists kite pull.
Dead bug	2 x 10 / side	Lower back glued to the floor. Shorten the reach if it lifts.
Bird dog	2 x 8 / side	Hold 5 s, hips level, leg no higher than hip height.
Glute bridge	2 x 15	Drive through the heels, finish with the glutes, not the lower back.
Wall sit + block	2 x 45 s	Squeeze a block between the knees for good knee tracking.



DESK DAY? EXERCISE SNACKS.

Every 1 to 2 hours: 10 thoracic rotations per side, a 30-second wall sit with the block, and a 30 to 60-second hang. Two minutes, and your back will thank you on the next windy day.

06 // PUT IT TOGETHER

YOUR WEEKLY PLAN

DAY TYPE	WHAT TO DO
Windy day	3-min beach warm-up before, 5-min reset after. That's it.
After a big day	Reset + Phase 1 and 3 of the full routine. Half the core volume.
Flat day	Full routine (all 4 phases) + 10-minute core.
Desk day	Exercise snacks every 1 to 2 hours + full routine in the evening.

RECOVERY FROM THE INSIDE

WHAT WE TAKE EVERY DAY

Training, sleep and smart riding do most of the work. These two cover the rest, and they come on every kite trip:

THE DONOTAGE DAILY SACHET

15 longevity ingredients in one scoop: NMN, Ca-AKG, the SIRT6 Activator, resveratrol, spermidine, CoQ10, glycine, magnesium, vitamin D3 and K2 and more. Since I started it, my HRV is up, my blood pressure is down, my sleep and energy are the best they've been in years, and back-to-back windy days feel a lot easier.

THE DONOTAGE PROBIOTIC

30 billion cultures from 10 strains. Together with some fiber and magnesium, it fixed years of sluggish digestion for me, and it keeps my gut steady on every trip.

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