

# Movement of the Month Club

MOBILITY

For details go to [bit.ly/MOTMCMobility](https://bit.ly/MOTMCMobility)

<b>Day 1</b> Quad Rock Back	<b>Day 2</b> Cat-Cow	<b>Day 3</b> Thread the Needle	<b>Day 4</b> Ankle Rock	<b>Day 5</b> Touch Toe Squat	<b>Day 6</b> Hamstring Scoop	<b>Day 7</b> Full Morning Routine
<b>Day 8</b> CARs	<b>Day 9</b> 90-90	<b>Day 10</b> Hip Flexor Hurdle	<b>Day 11</b> Adductor Rock Back	<b>Day 12</b> Knee Tap	<b>Day 13</b> Windshield Wiper	<b>Day 14</b> Full Hip Routine
<b>Day 15</b> Chin Tucks	<b>Day 16</b> Scap Retraction	<b>Day 17</b> Sunrise	<b>Day 18</b> Thoracic Rotation	<b>Day 19</b> Thoracic Extension	<b>Day 20</b> Forward Fold	<b>Day 21</b> Full Posture Routine
<b>Day 22</b> Neck Flexion	<b>Day 23</b> T-Spine Opener	<b>Day 24</b> Lunge with Twist	<b>Day 25</b> Squat with Reach	<b>Day 26</b> Thread the Needle	<b>Day 27</b> Cross-Body Rotation	<b>Day 28</b> Full Spine Routine