

Movement of the Month Club

MOBILITY

For details go to bit.ly/MOTMCMobility

Day 1 Quad Rock Back	Day 2 Cat-Cow	Day 3 Thread the Needle	Day 4 Ankle Rock	Day 5 Supine Lumbar Rotation	Day 6 Toe Touch Squat	Day 7 Full Morning Routine
Day 8 CARs	Day 9 Adductor Rock Back	Day 10 Seated Windshield Wiper	Day 11 90-90 Hip Switch	Day 12 Seated Hip Flexor Hurdle	Day 13 Seated Hip Internal Rotation	Day 14 Full Hip Routine
Day 15 Sunrise	Day 16 Chicken Wings	Day 17 Thoracic Rotation	Day 18 Thoracic Extension	Day 19 Figure 4 Forward Fold	Day 20 Chin Retraction	Day 21 Full Posture Routine
Day 22 Neck Flexion	Day 23 T-Spine Opener	Day 24 Seated Butterfly Lateral Reach	Day 25 Cross-Body Rotation	Day 26 Lunge With Twist	Day 27 Squat With Overhead Reach	Day 28 Full Spine Routine