

4-WEEK MOBILITY PLAN

Four days per week, get moving with these feel-good exercises.

Week 1: Hip Mobility

Day 1:



Kneeling Hip Flexor Stretch

Day 2:



Active Hamstring Stretch

Day 3:



World's Greatest Stretch

Day 4:



Hip 90-90

Week 2: Lower-Back Mobility

Day 1:



Child's Pose

Day 2:



Prone Press-Up

Day 3:



Cat-Cow

Day 4:



Supine Lumbar Rotation

Week 3: Upper-Back and Neck Mobility

Day 1:



Thoracic Extension

Day 2:



Supine Twist

Day 3:



T-Spine Rotation

Day 4:



Thread the Needle

Week 4: Shoulder and Wrist Mobility

Day 1:



Shoulder CAR

Day 2:



Cross-Body Shoulder Stretch

Day 3:



Wrist Flexor Stretch

Day 4:



Wrist Extensor Stretch