

30-DAY MOBILITY CHALLENGE

WEEK 1

01

**Ankle
Mobility**

5 Mins

02

**Knee
Strengthening**

5 Mins

03

**Hip
Mobility**

8 Mins

04

**Lower
Back**

8 Mins

05

**Neck &
Shoulders**

10 Mins

06

**Daily Mobility
(Total Body)**

5 Mins

07

**Active
Recovery Yoga**

10 Mins

WEEK 2

08

**Calves &
Ankles**

5 Mins

09

**Knee
Mobility**

10 Mins

10

**Hip
Mobility**

10 Mins

11

**Thoracic Spine
Mobility**

5 Mins

12

**Shoulder
Mobility**

10 Mins

13

**Standing
Mobility**

10 Mins

14

**Mobility
Full Body**

15 Mins

WEEK 3

15

**Ankle
Mobility**

5 Mins

16

**Knee
Strengthening**

5 Mins

17

**Hip
Mobility**

8 Mins

18

**Lower
Back**

8 Mins

19

**Neck &
Shoulders**

10 Mins

20

**Daily Mobility
(Total Body)**

5 Mins

21

**Active
Recovery Yoga**

10 Mins

WEEK 4

22

**Calves &
Ankles**

5 Mins

23

**Knee
Mobility**

10 Mins

24

**Hip
Mobility**

10 Mins

25

**Thoracic Spine
Mobility**

5 Mins

26

**Shoulder
Mobility**

10 Mins

27

**Standing
Mobility**

10 Mins

28

**Mobility
Full Body**

15 Mins

WEEK 5

29

**Hip
Mobility**

8 Mins

30

**Lower
Back**

8 Mins

INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on nourishmoveandlove.com