

Presents



Day 0

Set-Up Video

Save this
email/pdf for links
to videos.

Day 1

Hip Mobility

Day 2

Spinal Mobility

Day 3

Ankle, Knee and
Hip Mobility

Day 4

Shoulder, Elbow
and Wrist Mobility

Day 5

Full Body Gentle
Mobilising Routine

After completing Day 5 - self reflect:

*** How do you feel?**

*** What felt good?**

*** What would you repeat daily to continue to feel better?**

*** Can you take 'good for you' movements & create your Day 6?**

Could you do this for Days 6 to 10 - just for you? YES! ❤️