



28-DAY MOBILITY CHALLENGE



Join PSP for our **28-day Mobility Challenge!**

You will be given a new exercise routine each day to perform in order to enhance your overall mobility.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1. Mobility Core</p> <p>Cat Cow Butterfly Sit-up Flying Bridge</p> <p>4 sets : 30 seconds per exercise (6 minutes)</p>
<p>2. Bedtime Mobility</p> <p>Pretzel Hold Worlds greatest stretch + Hamstring stretch (per leg) Pigeon hold</p> <p>3 sets : 30 seconds per exercises (9 minutes)</p>	<p>3. Hip Mobility</p> <p>Lying Hip CARS (single leg) Worlds greatest stretch Cossack Squats</p> <p>3 sets : 30 seconds per exercise (7 minutes 30)</p>	<p>4. Mobility at your desk</p> <p>Seated roll touch your toes Trap stretch Glute stretch</p> <p>3 sets : 30 seconds per exercise (7 minutes 30)</p>	<p>5. Low back Mobility</p> <p>Superman up down Devils Childs pose to cobras</p> <p>4 sets : 30 seconds per exercise (6 minutes)</p>	<p>6. Upperbody Mobility</p> <p>Seated Angels (W-Y) Thoracique Spine - Pin needle through Pectoral stretch (hands behind the back)</p> <p>4 sets : 30 seconds per exercise (6 minutes)</p>	<p>7. Yoga Flow</p> <p>Sun Salutations</p>	<p>8. Mobility Core</p> <p>Cat Cow Circles Up/down swimmers (alternate leg and arm) Crab lift off (alternate arm and foot)</p> <p>4 sets : 40 seconds per exercise (8 minutes)</p>
<p>9. Bedtime Mobility</p> <p>Squat to stand Angels Beast wave (down dog to cobra with wave)</p> <p>4 sets : 40 seconds per exercises (8 minutes)</p>	<p>10. Hip Mobility</p> <p>Supine (lying on floor) 90/90 Mountain climber - knee external Pigeon stretch with wave alt.</p> <p>4 sets : 40 seconds per exercise (8 minutes)</p>	<p>11. Mobility at your desk</p> <p>Open chest (hold under the chair) Hamstring stretch (1 leg forward) Alt. internal ext. rot (behind the back)</p> <p>3 sets : 30 seconds per exercise (7 minutes 30)</p>	<p>12. Low back Mobility</p> <p>Superman Flutter kicks Angels Childs pose lat stretch alternate</p> <p>4 sets : 40 seconds per exercise (8 minutes)</p>	<p>13. Upperbody Mobility</p> <p>T-Spine rotation (lying on floor) Laying shoulder stretch Pectoral Stretch and flexion forward</p> <p>3 sets : 60 seconds per exercise (9 minutes)</p>	<p>14. Yoga Flow</p> <p>Sun salutation with lunges back and worlds greatest stretch</p>	<p>15. Mobility Core</p> <p>Plank - Pike Walk in (feet) Alt. Forearm plank taps hand forward Seated Pike leg lifts (single leg) alt</p> <p>4 sets : 50 seconds per exercise (10 minutes)</p>
<p>16. Bedtime Mobility</p> <p>Cat Cow circles Childs pose to cobra to devils Sitting on ankles T-Spine opener</p> <p>4 sets : 50 seconds per exercises (10 minutes)</p>	<p>17. Hip Mobility</p> <p>90/90 with leg lift Squat alt knee drop Hip Flexor Stretch</p> <p>3 sets : 60 seconds per exercise (9 minutes)</p>	<p>18. Mobility at your desk</p> <p>Alternated seated thoracic spine Quad stretch standing hold chair Seated swimmers</p> <p>3 sets : 30 seconds per exercise (7 minutes 30)</p>	<p>19. Low back Mobility</p> <p>Superman hold Cat Cow Down dog to cobra</p> <p>3 sets : 50 seconds per exercise (7 minutes 30)</p>	<p>20. Upperbody Mobility</p> <p>Swimmer Invisible Wall T-Spine rotation Tricep stretch (alternate)</p> <p>3 sets : 50 seconds per exercise (7 minutes 30)</p>	<p>21. Yoga Flow</p> <p>Sun salutations from Childs pose to pigeon stretch</p>	<p>22. Mobility Core</p> <p>Down dog - Body rock forward in a plank Glute bridge rotations (alternate) Chinese Plank on Hand and heels</p> <p>3 sets : 60 seconds per exercise (9 minutes)</p>
<p>23. Bedtime Mobility</p> <p>Standing Spinal Curls Childs pose to Cobra with wave Downward Dog</p> <p>3 sets : 60 seconds per exercises (9 minutes)</p>	<p>24. Hip Mobility</p> <p>Star Plank lift off Half Frog + Cobra Worlds greatest stretch - hip opener</p> <p>3 sets : 60 seconds per exercise (9 minutes)</p>	<p>25. Mobility at your desk</p> <p>Back stretch holding opposite foot (alternate) Calf stretch holding stretch One foot on chair low back stretch (SI)</p> <p>3 sets : 60 seconds per exercises (9 minutes)</p>	<p>26. Low back Mobility</p> <p>Superman (alt) Cat Cow circles 90/90 lying on the floor</p> <p>4 sets : 30 seconds per exercises (6 minutes)</p>	<p>27. Upperbody Mobility</p> <p>Lying or standing ext-int. shoulder rotation Kneeling T-Spine Rotation (up/down elbow to hand) Pec stretch on the floor (alternate)</p> <p>3 sets : 60 seconds per exercises (9 minutes)</p>	<p>28. Yoga Flow</p> <p>Warrior 2 to reverse Warrior to triangle pose</p>	