DAY 1

10 DAY CHALLENGE

2 minutes of each each exercise:

- [ ] Exercise 1: Flex

Goal: build a basic foundation of mobility

REMEMBER - IF YOU FEEL SORE, TAKE A DAY OFF

DAY 2

10 DAY CHALLENGE

2 minutes of each each exercise:

- [ ] Exercise 1: Flex
- [ ] Exercise 2: Roll

Goal: build a basic foundation of mobility

REMEMBER - IF YOU FEEL SORE, TAKE A DAY OFF

DAY 3

10 DAY CHALLENGE

2 minutes of each each exercise:

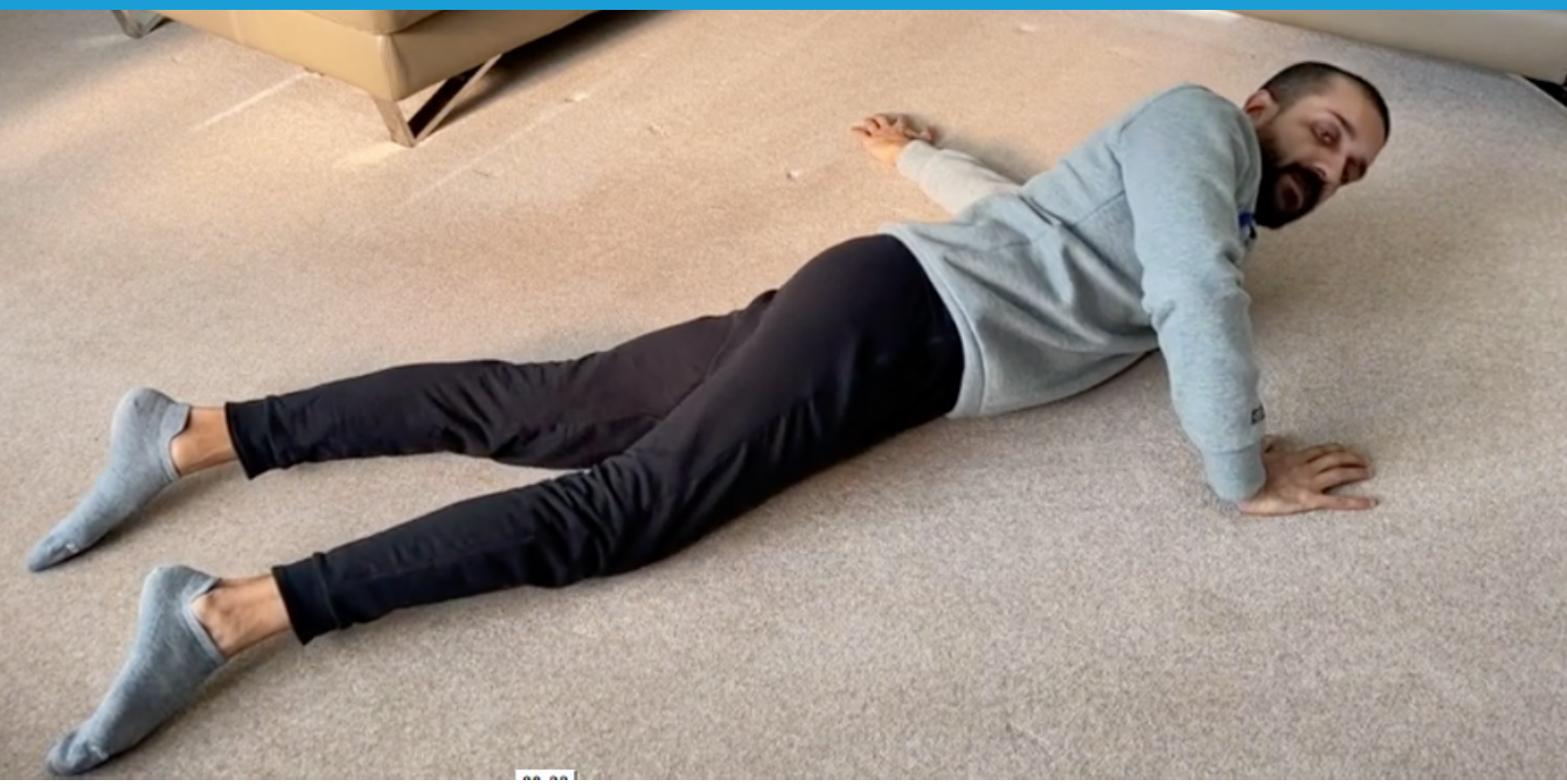
- [ ] Exercise 1: Flex
- [ ] Exercise 2: Roll
- [ ] Exercise 3: Extend

Goal: build a basic foundation of mobility

REMEMBER - IF YOU FEEL SORE, TAKE A DAY OFF

DAY 4

10 DAY CHALLENGE



2 minutes of each each exercise:

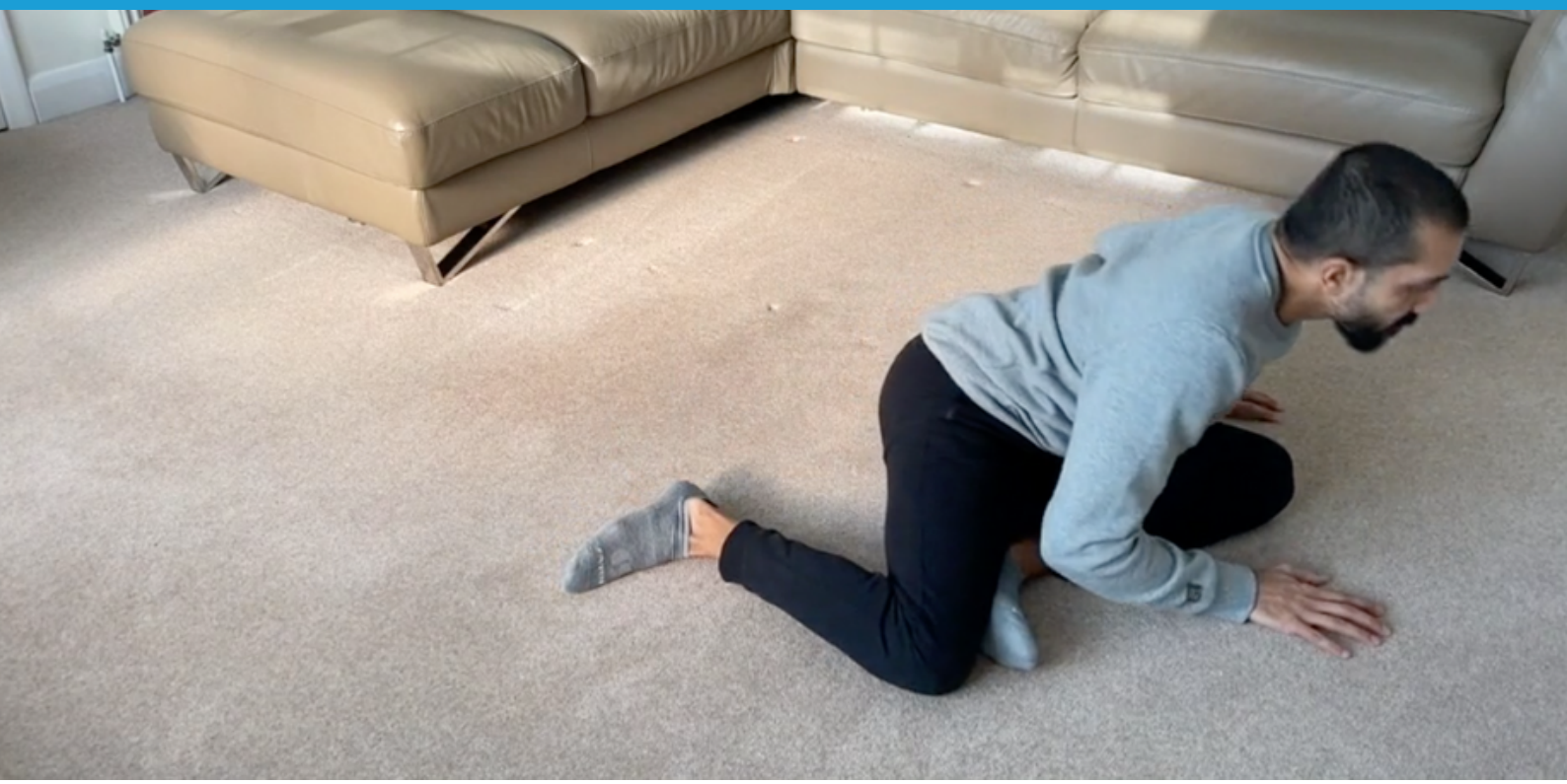
- [ ] Exercise 1: Flex
- [ ] Exercise 2: Roll
- [ ] Exercise 3: Extend
- [ ] Exercise 4: Push

Goal: build a basic foundation of mobility

REMEMBER - IF YOU FEEL SORE, TAKE A DAY OFF

DAY 5

10 DAY CHALLENGE



2 minutes of each each exercise:

- [ ] Exercise 1: Flex
- [ ] Exercise 2: Roll
- [ ] Exercise 3: Extend
- [ ] Exercise 4: Push
- [ ] Exercise 5: Sit

Goal: build a basic foundation of mobility

REMEMBER - IF YOU FEEL SORE, TAKE A DAY OFF

DAY 6

10 DAY CHALLENGE

2 minutes of each each exercise:

- [ ] Exercise 1: Flex
- [ ] Exercise 2: Roll
- [ ] Exercise 3: Extend
- [ ] Exercise 4: Push
- [ ] Exercise 5: Sit
- [ ] Exercise 6: Crawl

Goal: build a basic foundation of mobility

REMEMBER - IF YOU FEEL SORE, TAKE A DAY OFF

DAY 7

10 DAY CHALLENGE

2 minutes of each each exercise:

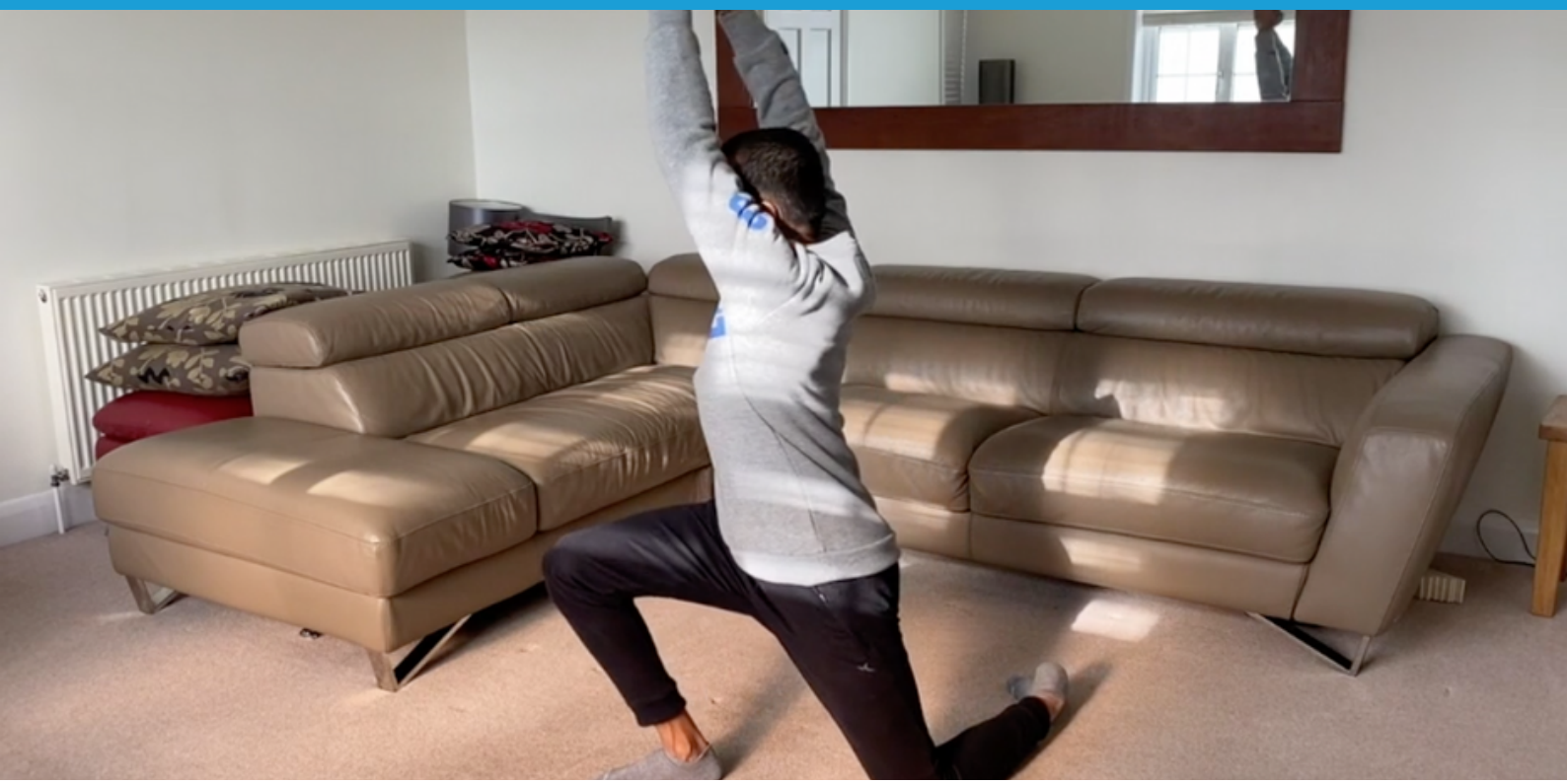
- [ ] Exercise 1: Flex
- [ ] Exercise 2: Roll
- [ ] Exercise 3: Extend
- [ ] Exercise 4: Push
- [ ] Exercise 5: Sit
- [ ] Exercise 6: Crawl
- [ ] Exercise 7: Kneel

Goal: build a basic foundation of mobility

REMEMBER - IF YOU FEEL SORE, TAKE A DAY OFF

DAY 8

10 DAY CHALLENGE



2 minutes of each each exercise:

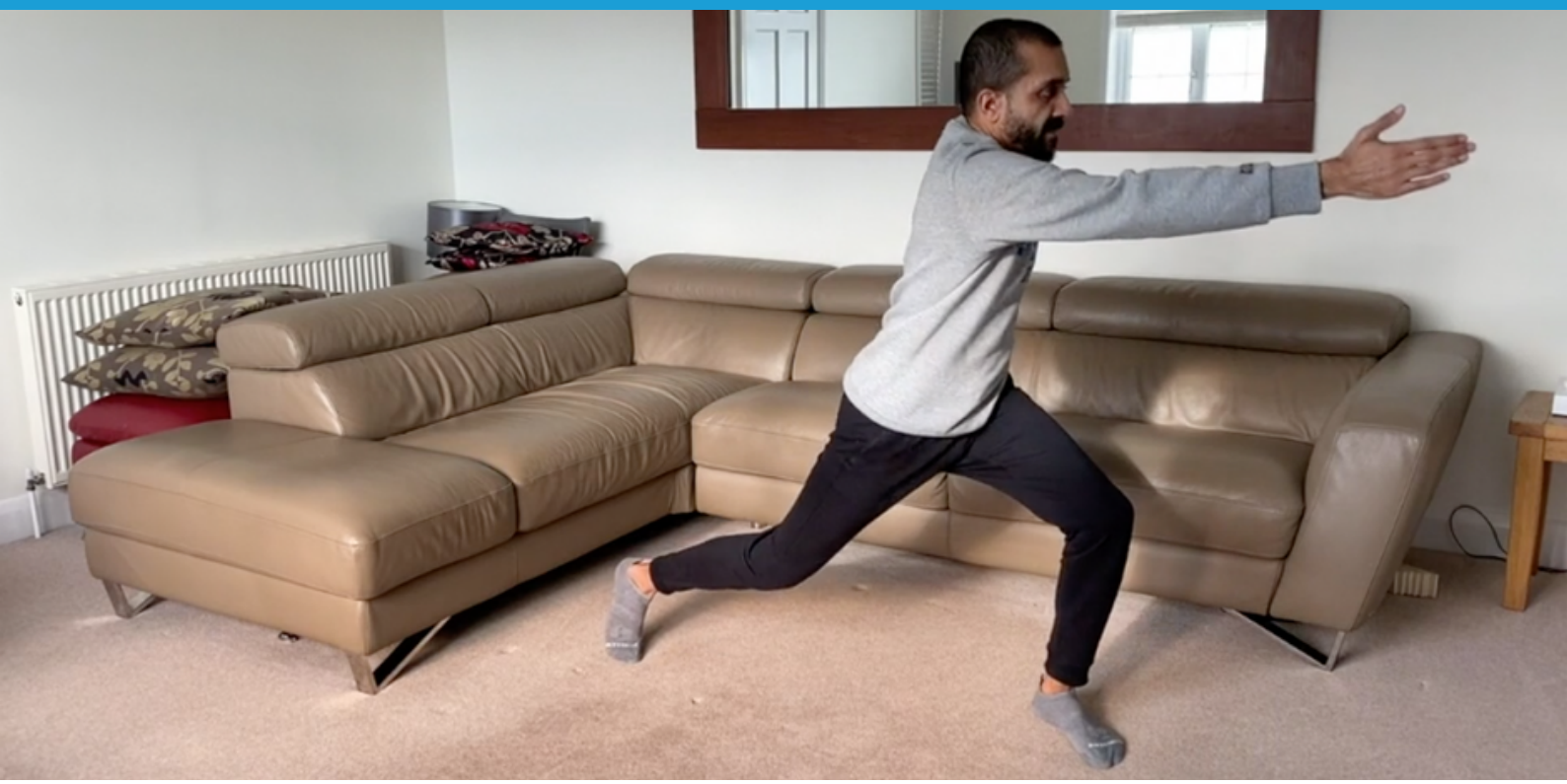
- [ ] Exercise 1: Flex
- [ ] Exercise 2: Roll
- [ ] Exercise 3: Extend
- [ ] Exercise 4: Push
- [ ] Exercise 5: Sit
- [ ] Exercise 6: Crawl
- [ ] Exercise 7: Kneel
- [ ] Exercise 8: Half Kneel

Goal: build a basic foundation of mobility

REMEMBER - IF YOU FEEL SORE, TAKE A DAY OFF

DAY 9

10 DAY CHALLENGE



2 minutes of each each exercise:

- [ ] Exercise 1: Flex
- [ ] Exercise 2: Roll
- [ ] Exercise 3: Extend
- [ ] Exercise 4: Push
- [ ] Exercise 5: Sit
- [ ] Exercise 6: Crawl
- [ ] Exercise 7: Kneel
- [ ] Exercise 8: Half Kneel
- [ ] Exercise 9: Lunge

Goal: build a basic foundation of mobility

REMEMBER - IF YOU FEEL SORE, TAKE A DAY OFF

DAY 10

10 DAY CHALLENGE

2 minutes of each each exercise:

- [ ] Exercise 1: Flex
- [ ] Exercise 2: Roll
- [ ] Exercise 3: Extend
- [ ] Exercise 4: Push
- [ ] Exercise 5: Sit
- [ ] Exercise 6: Crawl
- [ ] Exercise 7: Kneel
- [ ] Exercise 8: Half Kneel
- [ ] Exercise 9: Lunge
- [ ] Exercise 10: Squat

Goal: build a basic foundation of mobility

REMEMBER - IF YOU FEEL SORE, TAKE A DAY OFF