

WORKOUTS(MOBILITY)

<u>Day</u>	<u>Morning Mobility</u>	<u>Afternoon Mobility</u>	<u>Evening Mobility</u>
<u>Monday</u>	<u>Joint Rotations</u>	<u>Standing Hip Flexor Stretch</u>	<u>Gentle Evening Walk</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Start the day with gentle joint rotations, focusing on</u>	<u>Stand tall and step your right foot forward into a lunge</u>	<u>Take a leisurely walk around your neighborhood or local</u>
	<u>each major joint (neck, shoulders, elbows, wrists, hips,</u>	<u>position. Keeping your back straight, press your hips</u>	<u>park. Focus on maintaining good posture and swinging</u>
	<u>knees, ankles) to improve mobility and reduce stiffness.</u>	<u>forward to feel a stretch in the front of your left hip.</u>	<u>your arms naturally.</u>
		<u>Hold for 20-30 seconds, then switch sides.</u>	
<u>Tuesday</u>	<u>Cat-Cow Stretch</u>	<u>Seated Spinal Twist</u>	<u>Foam Rolling</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Start on your hands and knees. Inhale as you arch your</u>	<u>Sit on a chair or the floor with your legs extended.</u>	<u>Use a foam roller to release tension and tightness in</u>

	<u>back, dropping your belly towards the floor (Cow Pose).</u>	<u>Twist your torso to the right, placing your left hand</u>	<u>your muscles. Focus on areas that feel particularly</u>
	<u>Exhale as you round your spine towards the ceiling,</u>	<u>on your right knee and your right hand on the floor</u>	<u>tight or sore, and roll slowly over those areas.</u>
	<u>tucking your chin to your chest (Cat Pose).</u>	<u>behind you. Hold for 20-30 seconds, then switch sides.</u>	
<u>Wednesday</u>	<u>Shoulder Circles</u>	<u>Seated Leg Swings</u>	<u>Ankle Alphabet</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Stand or sit comfortably. Lift your shoulders towards</u>	<u>Sit on a chair with your back straight and feet flat on</u>	<u>Sit on a chair with your feet flat on the floor.</u>
	<u>your ears, then roll them back and down in a circular</u>	<u>the ground. Hold onto the sides of the chair for support.</u>	<u>Using your big toe, trace the letters of the alphabet</u>
	<u>motion. Perform 10 circles forward, then 10 circles</u>	<u>Swing your right leg forward and backward, keeping</u>	<u>in the air with your ankle. Repeat with the other</u>
	<u>backward. Repeat with your arms by your sides.</u>	<u>your knee straight. Perform 10 swings, then switch to</u>	<u>foot. This exercise improves ankle mobility and</u>

		<u>the left leg.</u>	<u>strengthens the muscles around the ankle.</u>
<u>Thursday</u>	<u>Neck Rolls</u>	<u>Seated Shoulder Stretch</u>	<u>Full Body Stretch</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Sit or stand tall with your shoulders relaxed. Slowly</u>	<u>Sit on a chair with your feet flat on the ground. Place</u>	<u>Stand or sit comfortably. Extend your arms overhead,</u>
	<u>tilt your head towards your right shoulder, then roll</u>	<u>your right hand on your left shoulder. Gently press your</u>	<u>interlocking your fingers and turning your palms to</u>
	<u>your chin towards your chest, then towards your left</u>	<u>left elbow towards your right, feeling a stretch in</u>	<u>face the ceiling. Lean slightly to one side, then</u>
	<u>shoulder, and finally back to the right. Perform 5</u>	<u>your right shoulder and upper back. Hold for 20-30</u>	<u>the other, feeling a stretch along the side of your</u>
	<u>rolls in each direction.</u>	<u>seconds, then switch sides.</u>	<u>body. Hold for 20-30 seconds on each side.</u>
<u>Friday</u>	<u>Hip Circles</u>	<u>Ankle Pumps and Circles</u>	<u>Spinal Twist</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>

	<u>Stand with your feet hip-width apart. Slowly circle</u>	<u>Sit on a chair with your feet flat on the ground. Lift</u>	<u>Sit on the floor with your legs extended. Bend your</u>
	<u>your hips clockwise, then counterclockwise, focusing on</u>	<u>your heels off the ground and then lower them down.</u>	<u>right knee and place your right foot on the outside</u>
	<u>smooth, controlled movements. Perform 10 circles in</u>	<u>Next, perform ankle circles by rotating your foot in a</u>	<u>of your left knee. Twist your torso to the right and</u>
	<u>each direction.</u>	<u>clockwise and counterclockwise direction. Perform 10</u>	<u>place your left elbow on the outside of your right</u>
		<u>pumps and circles with each foot.</u>	<u>knee, gently pressing it further into the twist.</u>
<u>Saturday</u>	<u>Standing Quad Stretch</u>	<u>Calf Stretch</u>	<u>Hip Flexor Stretch</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Stand with your feet hip-width apart. Bend your right</u>	<u>Stand facing a wall, placing your hands against it at</u>	<u>Kneel on your right knee with your left foot in</u>
	<u>knee and grab your right ankle or foot with your right</u>	<u>shoulder height. Step your right foot back and press front, creating a 90-degree angle with your left</u>	

	<p><u>hand. Gently pull your foot towards your glutes, feeling</u></p>	<p><u>your heel into the ground. Lean forward slightly to knee. Keep your torso upright as you l</u></p>
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