



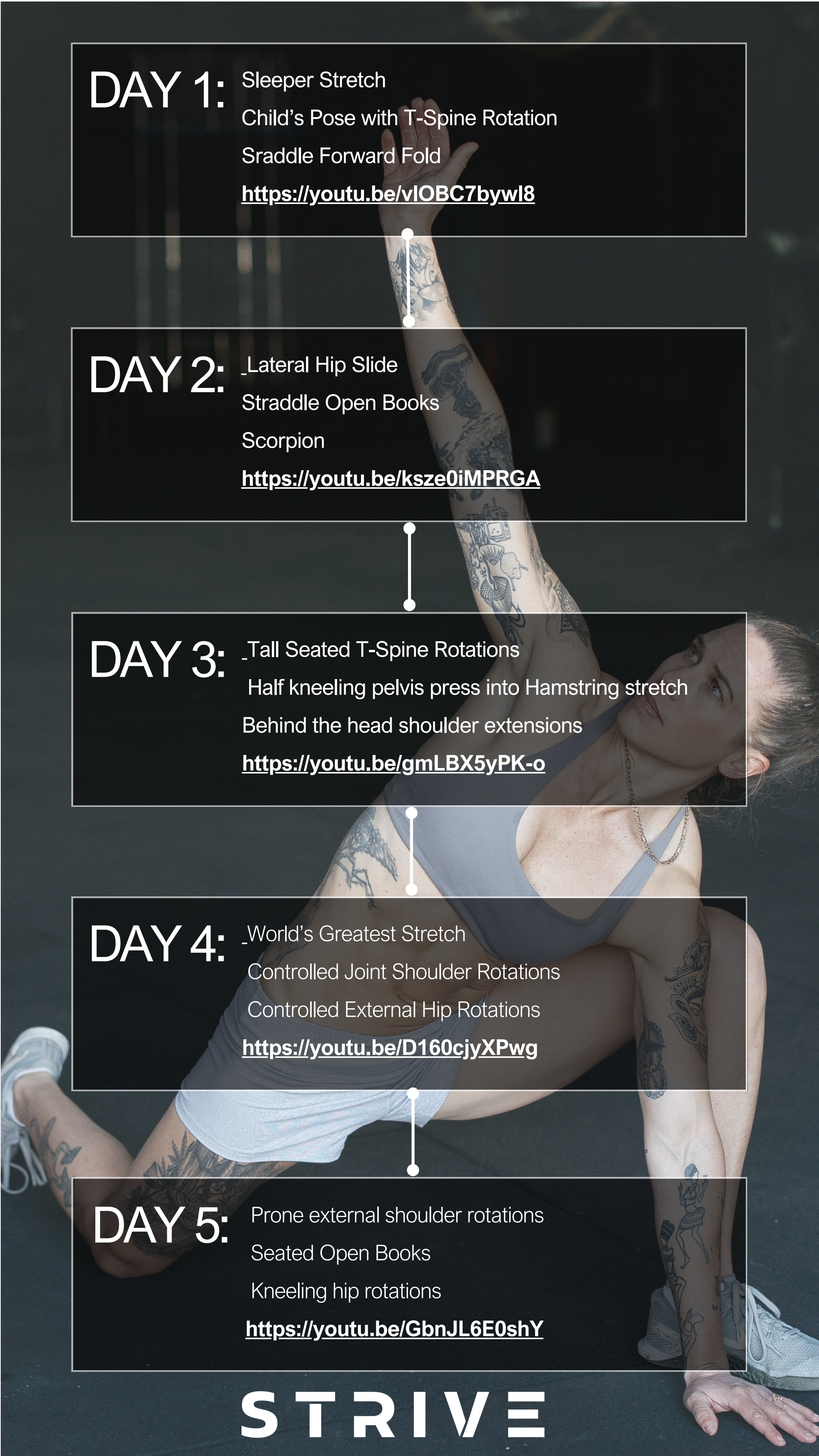
STRIVE

5-DAY GUIDED MOBILITY

WELCOME TO YOUR 5-DAY GUIDED MOBILITY COURSE WITH CHLOE GARNER.

8-11 MINS OF DAILY MOBILITY THATY YOU CAN MOVE THROUGH AT YOUR OWN
PACE.

FOCUSED ON OPENING UP AND CREATING MORE ROTATION THROUGHT THE
SHOULDER, HIPS AND SPINE



DAY 1: Sleeper Stretch
Child's Pose with T-Spine Rotation
Straddle Forward Fold
<https://youtu.be/vIOBC7bywl8>

DAY 2: Lateral Hip Slide
Straddle Open Books
Scorpion
<https://youtu.be/ksze0iMPRGA>

DAY 3: Tall Seated T-Spine Rotations
Half kneeling pelvis press into Hamstring stretch
Behind the head shoulder extensions
<https://youtu.be/gmLBX5yPK-o>

DAY 4: World's Greatest Stretch
Controlled Joint Shoulder Rotations
Controlled External Hip Rotations
<https://youtu.be/D160cjyXPwg>

DAY 5: Prone external shoulder rotations
Seated Open Books
Kneeling hip rotations
<https://youtu.be/GbnJL6E0shY>

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