



# STRIVE

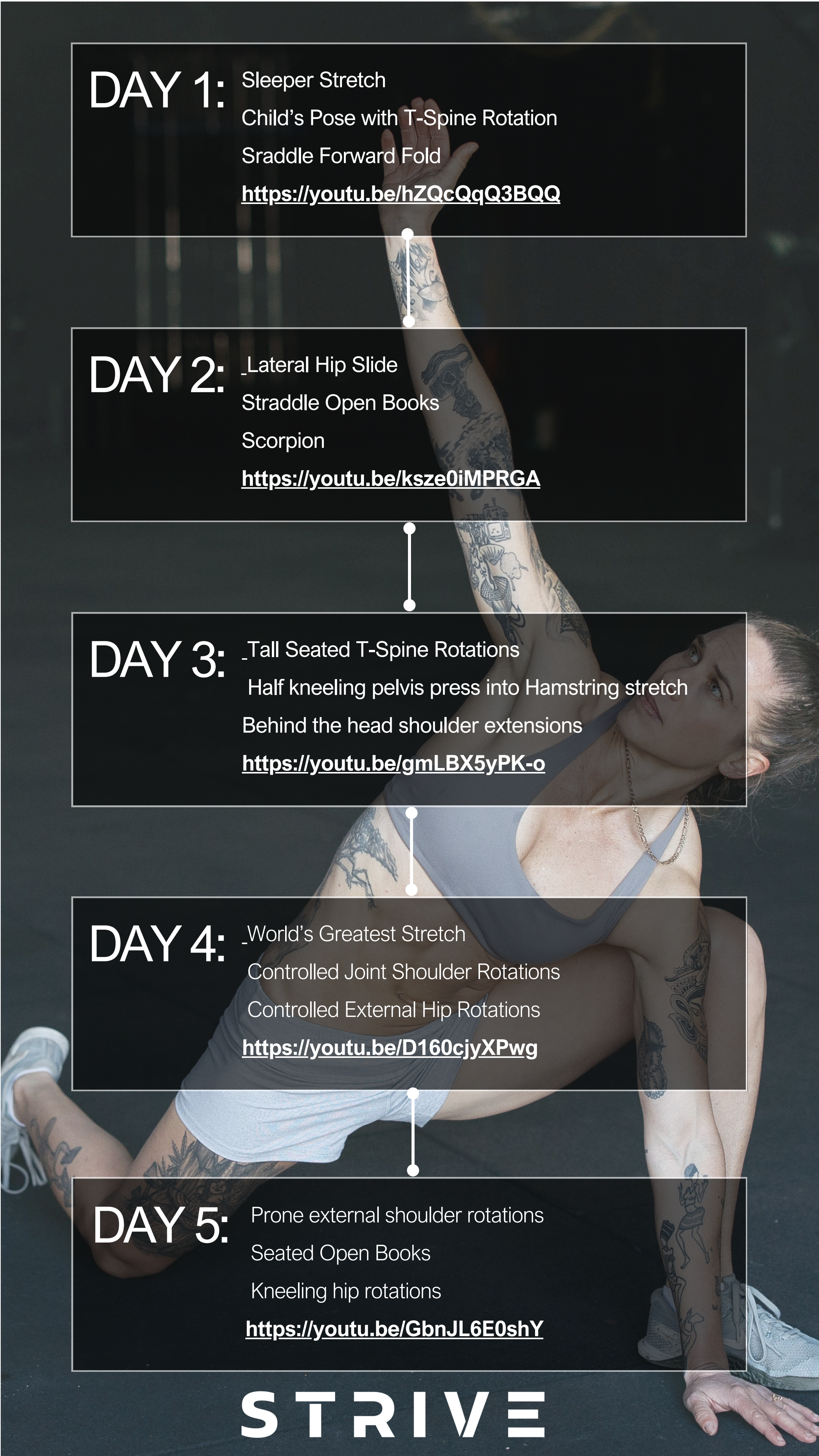
## 5-DAY GUIDED MOBILITY

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/hZQcQqQ3BQQ>

**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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