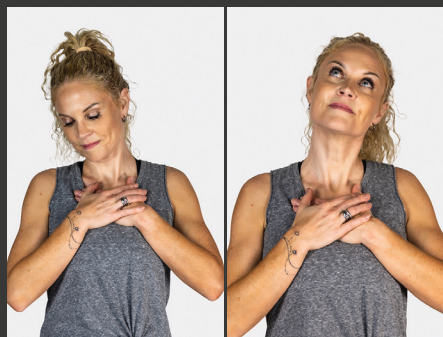


▲ Bend, Don't Break 10-minute Mobility Routine ▲

The key is to move slowly through your entire joint range of motion, pain-free, and be mindful of your posture.
Set a timer for **30 seconds (15 seconds per side if alternating sides)** each and complete the following:

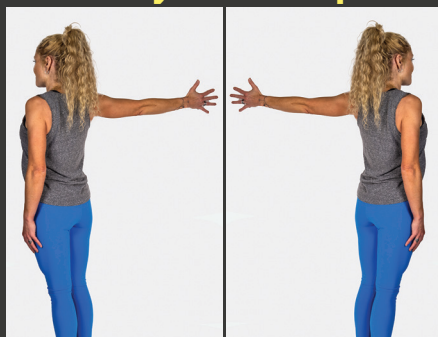
Neck Rotations



Shoulder Rolls



Doorway Chest Opener



Cat Cow



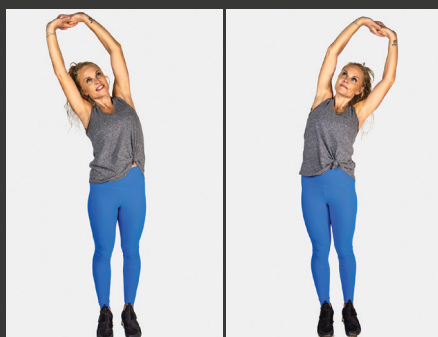
Thread the Needle



Supine Twist



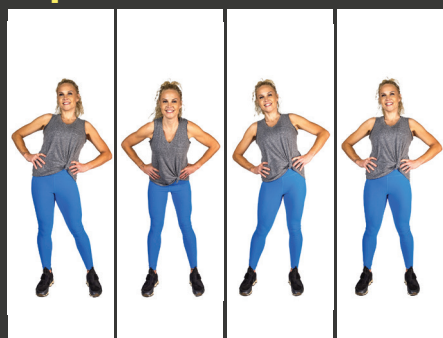
Lateral Flexion



Torso Twists



Hip Circles



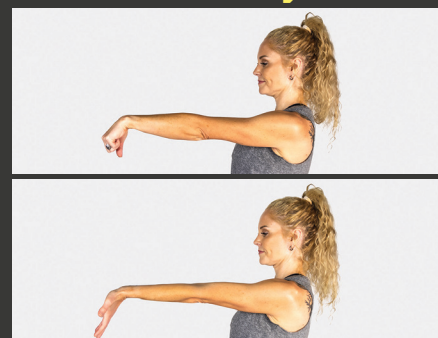
Standing Cat Cow



Chest & Shoulder Openers



Wrist Mobility



Split Squat



Knee Ups



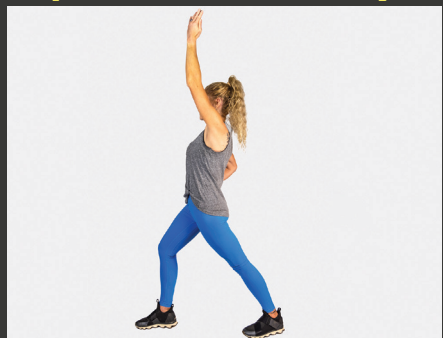
Rear Kicks



Heel Raises



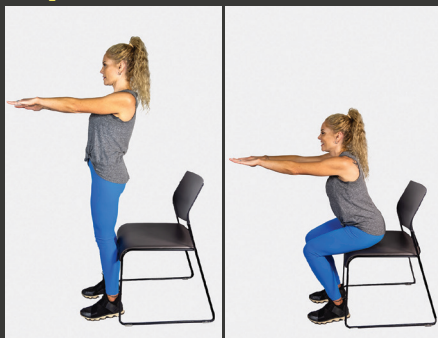
Hip Flexor Mobility



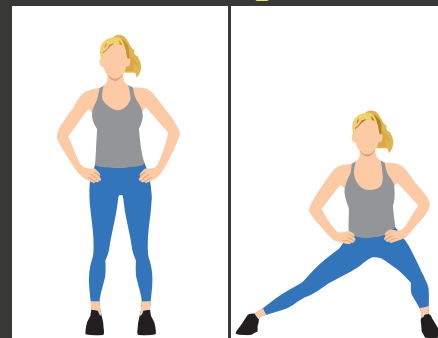
Inner Heel Taps



Squats



Lateral Lunge



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or scan the QR code
Having trouble? Contact Jenni Harrington at 425-550-4732

