

purposeful movement for mobility

APRIL CHALLENGE

Use this challenge to slow down and focus on purposeful movements for mobility!

CAR = Controlled Articular Rotation

Try to move your joint through the greatest range of motion that you safely and comfortably can.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
10 hip CARs on all fours (each side)	5 downward dog with hip opener (each side)	10 backward shoulder CARs 10 forward shoulder CARs	10 back CARs (cat/cow)	5 world's greatest stretch (rotating, each side)
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
10 side to side 90/90 hip rotations	10 neck CARs, alternating directions	10 hip CARs on all fours (each side)	5 thread the needles (each side)	10 ankle CARs, alternating directions (each side)
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
10 cobra lifts w/ 3 sec hold	10 half kneeling forward rock (each side)	10 deep squats with arm raise	10 alternating figure 4 windshield wipers (10 R over L, 10 L over R)	10 deep squats with arm raise
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
10 sec catcher's squat hold	10 back CARs (cat/cow)	8 thread the needles (each side)	10 neck CARs, alternating directions	10 standing hip CARs (each side)
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
10 backward shoulder CARs 10 forward shoulder CARs	10 catcher's squat w/ reach (each side)	10 half kneeling forward rock (each side)	10 deep squats with arm raise	10 side to side 90/90 hip rotations
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
10 upward dog lifts w/ 3 sec hold	10 alternating figure 4 windshield wipers (10 R over L, 10 L over R)	10 standing hip CARs (each side)	10 ankle CARs, alternating directions (each side)	8 downward dog with hip opener (each side)