

BEGINNER MOBILITY CHALLENGES

Feel flexible and free from head to toe with this wonderful challenge! This easy, accessible program works every part of your body using gentle movements that naturally reduce stiffness and help you move better in your daily life. Each session is designed to be approachable and enjoyable, creating positive changes that you'll notice right away.

How do I feel before starting the challenge ?



Describe how you feel:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Spine Mobility	Pelvis Mobility	Foot Mobility	Hip Mobility	Hip & Knee Mobility	Shoulder & Thoracic Spine Mobility	Full Spine Mobility
10 min	10 min	10 min	15 min	15 min	15 min	20 min
HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆

Well Done! How do I feel after 7 days in a row of Pilates?



Describe how you feel:

Print this, hang it, and tick it off each day as you go.
Spread the length of the program by adding rest days to suit your needs.
Please practice with care and be patience with your body.
For best results - sleep, eat healthy, and be kind to yourself.