

JULY'S HEALTHY JOINT CHALLENGE

**START EACH DAY WITH A 60 SECOND JOINT MOBILISER
AND REPEAT FIVE MORE TIMES DURING THE DAY**

DAY 1

**TOE
SCRUNCHES
& STRETCHES**

DAY 2

**ANKLE &
WRIST
CIRCLES**

DAY 3

**SEATED KNEE
EXTENSIONS
& ELBOW
BENDS**

DAY 4

**STANDING
FWD/BCK
LEG SWINGS**

DAY 5

**PELVIC TILTS
SIDE WAYS
FWD & BACK**

DAY 6

**SEATED FWD
FOLD ROLL UP
& CHEST LIFT**

DAY 7

**SEATED
SIDE
BENDS**

DAY 8

**SEATED SPINE
TWISTS
ARMS FOLDED**

DAY 9

**SHOULDER
SHRUGS &
CIRCLES**

DAY 10

**SLOW
HEAD
TURNS &
TILTS**

DAY 11

**STANDING
TOE PRESSES
& TOE LIFTS**

DAY 12

**ANKLE
RISES
& LOWERS
ON STEP**

DAY 13

**STANDING
KNEE KICKS &
ELBOW BENDS**

DAY 14

**STANDING
SIDE WAYS
KNEE LIFT**

DAY 15

**PELVIC
FIGURE 8
CIRCLES**



MOTION IS LOTION & MOVEMENT IS MEDICINE

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JULY'S HEALTHY JOINT CHALLENGE

**START EACH DAY WITH A 60 SECOND JOINT MOBILISER
AND REPEAT 5 MORE TIMES DURING THE DAY**

DAY 16

**STANDING
FWD ROLL
DOWN & UP**

DAY 17

**STANDING
UPWARD
REACHES**

DAY 18

**STANDING
BOW & ARROW
SPINE TWIST**

DAY 19

**ALTERNATE
BACKWARD
ARM CIRCLES**

DAY 20

**NECK SEMI
CIRCLE TO
THE FRONT**

DAY 21

**TOES
STRUMMING**

DAY 22

**1 LEG
ANKLE
RAISES**

DAY 23

**PARALLEL
SQUATS**

DAY 24

**SIDE TO SIDE
LUNGES**

DAY 25

**LIE ON THE
FLOOR OR
SEATED CHALK
CIRCLES**

DAY 26

**RIB CAGE
TOMBOLA**

DAY 27

**CHIN PRESS
BACKS**

DAY 28

**ASIAN
SQUAT**

DAY 29

**CHILD POSE
TO BACK
EXTENSION**

DAY 30

**ROLL DOWN,
PLANK
ROLL UP**

DAY 31 REPEAT 16-30 IN ONE SESSION

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