

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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