



EXERCISE CALENDAR

CLASS DAY

HIPS

FEET

SPINE

MASSAGE

REST DAY

SHOULDERS

Mobility Matters

1

Hip Self Massage with the Alpha Ball

2

Foot and Ankle Stretch for Top of Foot Pain

3

How to Find Neutral Pelvis and Spine

4

Total Body Warm Up

5

Push Up Progression and Warm Up

7

360 Core

8

Help for Knee Pain and IT Band Tension

9

Strengthen your Big Toe for Foot and Ankle Stability

10

How to Mobilize Your Diaphragm for Better Breathing and Core Control

11

Abdominals & Low Back

12

Massage for Chest + Pecs

14

Bulletproof Shoulders

15

Hip Flexor and Quad Therapy Ball Stretch

16

Foot Sandwich - Therapy Ball Massage for Plantar Fasciitis

17

Upper Back Unwind

18

Shoulder Rescue

19

Shoulder Push Backs for Rotator Cuff

21

Hips Ahoy

22

Psoas Stretch for Better Hip Extension

23

Build Bulletproof Ankles and Feet

24

Improve Spinal Rotation with the Pinwheel Pretzel

25

Hips + Thighs

26

Improve Grip Strength with Hanging

28

27



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Posture Rehab 29	Hip CARS - Improve Hip Mobility 30	Help for High Heel Hell + Foot Pain Relief 31	Better Psoas Stretch and Strengthening 32	Upper Back and Ribs 33		Rotator Cuff Rescue 35
Structurally Sound Body 36	Calf and Hamstring Massage 37	Super Easy Calf Stretch 38	Gate Pose Stretch for Psoas and Obliques 39	Hips, Knees and Ankles 40		Wall Slides for Bulletproof Shoulders 42

HOW TO USE THIS EXERCISE CALENDAR:

- Each day includes a click-able link that will take you to the exercise video.
- Make sure you complete CLASS DAY before office hours
- In a time crunch? Do the CLASS DAY and the MASSAGE for the week only

questions? info@aewellness.com
www.AEwellness.com

