

## EXERCISE CALENDAR

Click on any exercise title to watch the video!

Week 1

**HIPS**

Hip Self Massage with the Alpha Ball

**FEET**

Foot and Ankle Stretch

**LOW BACK**

How to Find Neutral Pelvis and Spine

**NECK**

Neck Massage

**SHOULDERS**

Rotator Cuff Rescue

Week 2

Help for Knee Pain and IT Band Tension

Strengthen your Big Toe for Foot and Ankle Stability

Gut Massage for Better Breathing

Jaw + TMJ Relief

Massage for Chest + Pecs

Week 3

Hip Flexor and Quad Therapy Ball Stretch

Foot Sandwich for Plantar Fasciitis

Build Better Back Strength with Megabridge

Swimming

Shoulder Push Backs for Rotator Cuff

Week 4

Psoas Stretch for Better Hip Extension

Build Bulletproof Ankles and Feet

Improve Spinal Rotation with the Pinwheel Pretzel

Morning Jaw Release

Improve Grip Strength with Hanging