



CDornerFitness

*30 DAY*

**STRETCHING** and

**MOBILITY CHALLENGE**

# WELCOME TO THE

# *30 DAY*

# **STRETCHING** and

# **MOBILITY CHALLENGE**

In these quick 8-20 minute videos, we're here to help you cultivate a habit of stretching and moving your body. Our goal is simple: to keep you injury-free and feeling great.

We should not wait until we are hurting to start stretching, but making it part of our routine.

Each video focuses on a specific body part, ensuring that you give the right attention to every area. From your legs to your shoulders, we've got you covered. These routines are designed to enhance your flexibility and range of motion, making daily activities easier and more enjoyable.

Take a look below for a snapshot of what each video offers: the length, the main focus, and the benefits. Join us on this journey to a healthier, more mobile you!

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# DAY 1

## 17 MINUTE FULL BODY STRETCH

### WITH AN EXPLANATION OF THE FULL 30 DAYS



Day 1 of our 30-day mobility challenge kicks off with a delightful 17-minute full-body feel-good stretch session. This invigorating routine encompasses gentle stretches that target every muscle group, promoting flexibility and relaxation. Participants will indulge in a series of soothing stretches, each lasting 30 seconds, setting the stage for a month-long journey towards improved mobility and overall well-being.

<https://youtu.be/dXEU1-i6LFO>

## DAY 2

Day 2 of our mobility challenge invites participants to grab a chair and indulge in a 17-minute seated upper body stretch session. This focused routine targets the upper body muscles, providing quick relief and enhancing flexibility. Seated comfortably, participants engage in a series of gentle stretches designed to alleviate tension in the shoulders, neck, and arms. The chair serves as a stable support, making it accessible for everyone. Through this quick and effective stretch, participants will experience improved posture, reduced muscle stiffness, and a sense of relaxation, setting a positive tone for the rest of the challenge..

<https://youtu.be/4fC42kZ6oEI>



# DAY 3



On Day 3 of our mobility challenge, participants are treated to a rejuvenating 15-minute easy lower body stretch session, ideal for giving tired legs some much-needed love after a workout. This routine, tailored to focus on the lower body muscles, offers a perfect blend of simplicity and effectiveness. Through a series of gentle stretches, participants will ease muscle tightness in their legs, targeting areas like the calves, thighs, and hips. The session is designed to enhance flexibility, promote blood circulation, and reduce post-workout soreness, leaving participants feeling refreshed and energized. Incorporating this easy lower body stretch into the post-workout routine ensures that participants nurture their muscles, aiding in quicker recovery and paving the way for an active and revitalized day ahead.

<https://youtu.be/Mzp-F9l8p68>

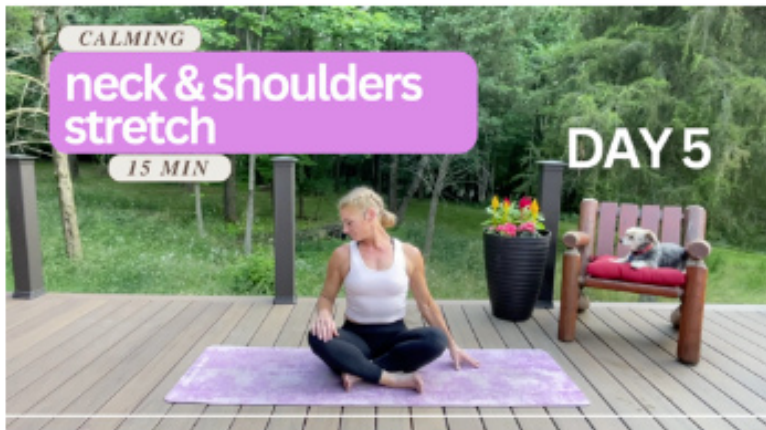
# DAY 4

Day 4 introduces a revitalizing 20-minute full-body stretch and mobility session, specifically crafted to awaken your body and kick-start your day. This invigorating routine encompasses a comprehensive series of stretches that target every muscle group, promoting flexibility, balance, and improved mobility. Ideal for morning rituals, this session promises to leave you feeling refreshed, energized, and ready to embrace the day with vitality and enthusiasm.

<https://youtu.be/4ZqIW7xkn3Y>



# DAY 5



On Day 5, participants can indulge in a soothing 15-minute calming neck and shoulders stretch session, tailored to offer relaxation and relief. This gentle routine provides focused stretches to alleviate tension in the neck and shoulders, promoting a sense of calm and tranquility. Perfect for winding down after a workout or before bedtime, these calming stretches release accumulated stress, allowing muscles to unwind and promoting a deep sense of relaxation..

<https://youtu.be/MzKV8nu0kwc>

# DAY 6

Day 6 presents a quick and effective 10-minute morning wake-up mobility routine for your entire body. This dynamic session is carefully crafted to get your blood flowing and muscles engaged, ensuring a refreshing start to your day. With a variety of movements targeting every muscle group, this routine enhances flexibility and prepares your body for the day's activities.

[https://youtu.be/A\\_9sx95Mp24](https://youtu.be/A_9sx95Mp24)





# DAY 7



On Day 7, dive into an invigorating 11-minute foot and ankle mobility routine designed to elevate your foundation of strength and balance. Grab a chair and give your feet the attention they deserve, invigorating the very foundation that supports you daily. This quick session focuses on targeted movements, ensuring your feet and ankles are flexible and ready to take on the day's challenges.

<https://youtu.be/rqHDYs8nUZ0>

# DAY 8

Day 8 offers a tranquil 15-minute full-body relaxing stretch, tailored for post-workout recovery or a soothing bedtime ritual. Immerse yourself in this serene session, where stretches are gracefully held for 30 seconds, allowing your muscles to unwind and your mind to find peace. Embrace the calming atmosphere as you gently lengthen and relax your body, indulging in a sense of serenity that rejuvenates your spirit and leaves you feeling tranquil and centered

<https://youtu.be/SVJitrkXDM>



# DAY 9



Day 9 presents a swift yet effective 8-minute session designed to loosen up your hands and wrists. Through targeted movements and gentle stretches, this routine enhances flexibility and relieves tension in these crucial areas. Perfect for anyone who spends time typing, crafting, or performing repetitive tasks, this quick session promotes improved mobility and comfort in your hands and wrists, ensuring you can approach your activities with ease and confidence.

<https://youtu.be/di7RtlmvECw>

# DAY 10

Get ready to ignite your senses on Day 10 with an exhilarating 20-minute spinal mobility session! This energizing routine is designed to awaken your body, infuse vitality into your spine, and set your day ablaze with energy. Feel the exhilarating stretches as they ripple through your body, revitalizing every vertebra and invigorating your muscles. This session isn't just a workout; it's an adventure, a journey into the flexibility and strength of your spine. Perfect for starting your day, this immersive experience promises to leave you feeling empowered, flexible, and fully prepared to conquer whatever lies ahead!

<https://youtu.be/DKJsk1yu8BY>



# DAY 11



DAY 11 offers a quick and accessible lower body stretch session that utilizes a chair to help participants achieve deeper stretches.

This session focuses on the lower body muscles, providing easy yet effective stretches to enhance flexibility and alleviate muscle tension. With the support of a chair, participants can comfortably explore deeper stretches, ensuring a thorough and relaxing experience.

<https://youtu.be/XZatq7VAbem>

# DAY 12

Day 12 invites you to indulge in a soothing 10-minute upper body stretch session designed to release tension and loosen tight muscles.

Whether you prefer sitting in a chair or on the floor, this versatile routine accommodates your comfort. With gentle yet effective stretches, you'll ease the stress in your upper body, promoting relaxation and flexibility.

[https://youtu.be/ZWOv6\\_J4\\_kk](https://youtu.be/ZWOv6_J4_kk)





# DAY 13



DAY 13 introduces a revitalizing 14-minute total body mobility flow, perfect for your morning routine or as a warm-up before exercise. This dynamic session seamlessly guides you through a series of movements, engaging every muscle group and enhancing overall flexibility and mobility. Designed to invigorate your body and mind, this flow energizes you for the day ahead or primes you for a more intense workout. In just 14 minutes, you'll experience improved mobility and a heightened sense of readiness, making it an ideal addition to your daily wellness routine.

<https://youtu.be/DbAwJNXgMCY>

# DAY 14

DAY 14 presents a swift 9-minute standing stretch focusing on relieving neck tension. This all-standing routine ensures quick relief, targeting neck muscles to alleviate stiffness and promote relaxation. If necessary, the routine can be done seated, accommodating various needs. Perfect for a refreshing break during your day, this session promises to leave you feeling revitalized and tension-free, ready to tackle whatever comes your way. Join me with my special guests, Tara and Jenna

[https://youtu.be/y\\_6L8t6JCGM](https://youtu.be/y_6L8t6JCGM)





# DAY 15



DAY 15 welcomes you to an invigorating 11-minute full-body morning stretch and mobility routine, set against the picturesque backdrop of Natural Bridges in Santa Cruz, CA. This delightful session captures the essence of joy and vitality as you stretch and move, feeling the gentle morning breeze and listening to the soothing sounds of the waves. Embrace the sheer joy of stretching your entire body, revitalizing your muscles, and enhancing your mobility, all while surrounded by the beauty of the beach. It's not just a routine; it's a blissful experience that fills your morning with happiness, setting the tone for a day brimming with positivity and energy.

<https://youtu.be/-pcoFAGOlFY>

# DAY 16

DAY 16 Day 16 introduces a revitalizing 10-minute all-standing leg stretch, perfect for post-workout recovery, after a run or walk, or simply to unwind. Set against the beautiful backdrop of vibrant NYC, this session offers a unique blend of stretching and relaxation. Feel the city's energy as you focus on your legs, easing muscle tension and promoting flexibility. This session is not just about physical rejuvenation; it's a moment of serenity amid the city hustle, leaving you refreshed and ready to embrace the day.

<https://youtu.be/I7hnpa3Q1M8>



# DAY 17



On Day 17, embrace a nurturing 15-minute full-body morning or warm-up flow mobility session that speaks to your body with compassion and care. This gentle routine is designed to awaken every muscle, promoting a sense of ease and flexibility as you prepare for the day ahead. With each movement, allow yourself to be guided by a compassionate intention, honoring your body's unique needs. Whether it's the soft glow of the morning sun or the warmth of your inner light, let this session be a gift to yourself. Feel the soothing flow of each stretch, a gesture of kindness towards your body and soul. In these 15 minutes, not only will you enhance your physical mobility, but you'll also nourish your spirit, leaving you feeling embraced and supported.

[https://youtu.be/bd8-4oXwv\\_A](https://youtu.be/bd8-4oXwv_A)

# DAY 18

On Day 18, indulge in a 10-minute chest and shoulders stretch and mobility session, a soothing practice that gracefully opens your heart and releases tension. These carefully designed stretches not only enhance the flexibility of your chest and shoulders but also offer a moment of peace and serenity. By dedicating just 10 minutes to this session, you'll feel a gentle release of tension and a renewed sense of openness, leaving you both physically and emotionally lighter, ready to face the day with an uplifted spirit.

[https://youtu.be/pb\\_9BWMrGUO](https://youtu.be/pb_9BWMrGUO)



# DAY 19



On Day 19, get ready to rock with a 13-minute full-body morning mobility flow! It's your ticket to waking up, shaking off the sleepies, and grooving into a day filled with freedom of movement. This fun and energizing routine will have you flowing from head to toe, celebrating the joy of mobility. Whether you're a morning person or not, this session is designed to put a smile on your face and a bounce in your step. So, let's get moving, shake off the cobwebs, and set the stage for a day filled with fun and freedom!

<https://youtu.be/g3xnwlrzNys>

# DAY 20

DAY 20 - introduces a targeted 9-minute session focusing on calf and ankle mobility. This purposeful routine serves as an excellent post-run, post-step workout, or post-walk recovery, or simply whenever you feel the need. By engaging in these specific stretches, you enhance the range of motion in your ankles and alleviate tightness in your calf muscles. This session is designed to provide practical benefits, helping you improve your overall mobility and flexibility in these crucial areas. Whether you're an athlete or someone seeking daily relief, dedicating a few minutes to this routine will contribute to your overall physical well-being, ensuring your calves and ankles are well-cared for and functioning optimally.

<https://youtu.be/heqM4QRek1M>





# DAY 21



Day 21 welcomes you to a delightful full-body easy warm-up or morning routine, featuring a special guest appearance by Liam “the Lamb.”

This session offers a gentle and effective way to prepare your body for the day ahead. Suitable for all fitness levels, this routine combines simplicity with effectiveness, making it perfect for both beginners and those looking for a relaxing warm-up. With Liam “the Lamb” joining the session, expect a touch of cheerfulness and motivation, making this routine not just beneficial but also a heartwarming and enjoyable experience.

<https://youtu.be/9KcUjq8JcgM>

# DAY 22

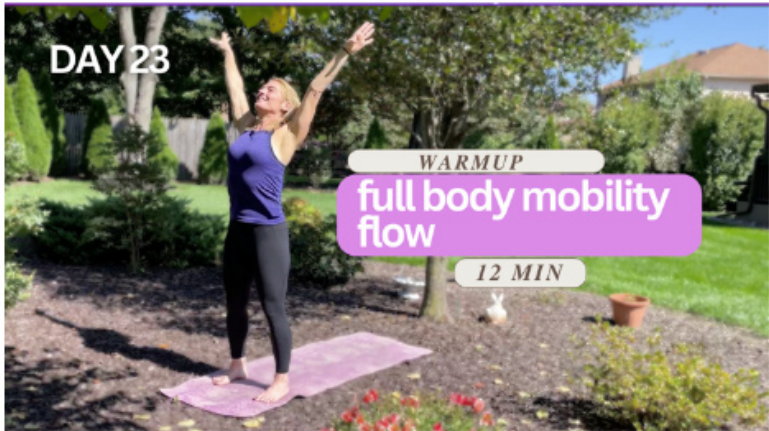
Day 22 invites you to indulge in a deeply soothing 18-minute session focused on gentle lower back stretches, all done on the floor. This session is carefully designed to provide your lower back with the care and attention it deserves. Through a series of serene stretches, you'll release tension and promote flexibility in your lower back, allowing you to feel rejuvenated and refreshed. Perfect for winding down after a long day or as a midday break, this session offers a peaceful escape, leaving you with a sense of calm and a revitalized lower back.

<https://youtu.be/CpFSyYW8GWQ>





# DAY 23



Day 23 offers a invigorating 12-minute warming mobility flow designed to energize your entire body. This dynamic session combines flowing movements and gentle stretches to awaken your muscles and enhance your flexibility. Perfect as a morning routine or a pre-workout warm-up, this session prepares your body for movement, promoting a sense of vitality and readiness. Engage in this fluid routine, and you'll experience a delightful blend of relaxation and invigoration, setting a positive tone for the day ahead.

[https://youtu.be/P7\\_8OsUWFQUaz](https://youtu.be/P7_8OsUWFQUaz)

# DAY 24

Day 24 presents a focused 14-minute session dedicated to neck and upper back mobility, designed to enhance your range of motion and flexibility. This targeted routine offers a series of gentle yet effective movements that alleviate stiffness and promote suppleness in your neck and upper back muscles. Whether you're looking to improve posture, reduce tension, or simply enhance your overall flexibility, this session provides the perfect solution. Incorporating this practice into your routine will leave you feeling more agile and relaxed, ensuring your neck and upper back are ready for any challenges that come your way.

<https://youtu.be/VnbBvllXg4s>



# DAY 25



Welcome to Day 25, where you'll experience an invigorating full-body mobility flow designed to uplift your spirit and energize your entire being. This dynamic session seamlessly guides you through a series of movements that engage every muscle group, enhancing flexibility and promoting a sense of vitality. With each stretch and flow, you'll feel your body awakening and your spirit lifting, leaving you refreshed and ready to tackle whatever comes your way. Embrace this session as a rejuvenating journey, filling your day with energy and positivity.

<https://youtu.be/ePeDhUtEz-s>

# DAY 26

DAY 26 brings you a targeted post-workout lower body stretching session, focusing on your quads, hamstrings, and hips. This session is specifically designed to provide your lower body muscles with the care and attention they need after a workout. By concentrating on these key areas, you'll enhance flexibility, reduce muscle tension, and promote recovery. Incorporating these stretches into your post-workout routine will help improve your overall mobility and flexibility, ensuring your lower body feels rejuvenated and ready for your next fitness challenge.

<https://youtu.be/fiBqSoUgvD8>



# DAY 27



Day 27 invites you to embrace an energetic 8-minute full-body morning mobility session, featuring a special guest appearance by Amanda. This quick routine is meticulously crafted to kick-start your day with vitality and enthusiasm. Engage in a series of invigorating movements that encompass your entire body, promoting flexibility and boosting your energy levels. Perfect for the beginning of your day, it sets a positive tone, leaving you feeling refreshed, agile, and ready to seize the day's opportunities.

<https://youtu.be/b5gmBBGPP1A>

# DAY 28

On Day 28, dive into a rejuvenating 13-minute upper body mobility and stretch routine. Carefully designed to target your upper body muscles, this session enhances flexibility and relieves tension. Amanda makes a special appearance in the video, gracefully demonstrating the exercises with me. Engage in purposeful movements that improve your range of motion and promote relaxation. Whether you're working on your posture, easing tightness, or simply seeking relaxation, this session offers a perfect blend of mobility and stretching. Experience the soothing benefits, leaving your upper body feeling supple, relaxed, and prepared for the day ahead.

<https://youtu.be/SfDVgJzeElo>





# DAY 29



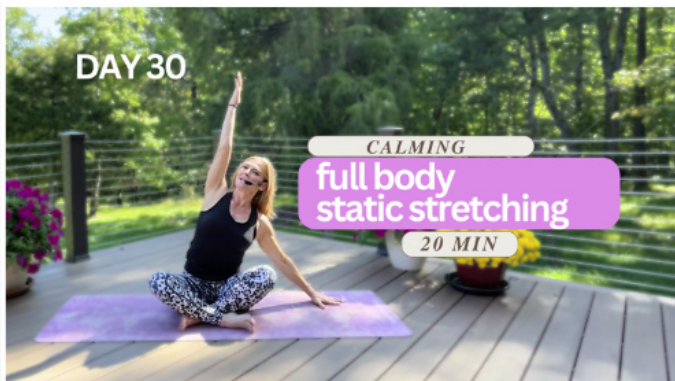
On Day 29, immerse yourself in a 15-minute session focused on hips and low back mobility, featuring a special guest appearance by Jen “The Beast,” demonstrating alongside me. This session is thoughtfully crafted to target the specific needs of your hips and lower back. Engage in purposeful movements allowing you to enhance flexibility and alleviate tension in these crucial areas. With expert demonstrations, this session becomes a dynamic and effective experience. Whether you’re looking to improve hip mobility, ease lower back discomfort, or enhance overall flexibility, this session offers tailored exercises that leave you feeling supple, revitalized, and ready to conquer the day.

<https://youtu.be/jMKUwgU04iE>

# DAY 30

On Day 30, marking the grand finale of our challenge, dive into a serene 20-minute full-body static stretching routine. This session is meticulously designed to enhance your flexibility and bring tranquility to your mind. Embrace the stillness as you hold each stretch, allowing your body to gently release tension and improve its range of motion. With each deliberate stretch, find a sense of calm that permeates your entire being. This routine not only nurtures your physical flexibility but also provides a moment of peaceful reflection, leaving you with a deep sense of relaxation and accomplishment as you complete our 30-day journey

<https://youtu.be/JifuPROKmq8>







Disclaimer: CDornerFitness LLC strongly recommends that you consult with your physician before beginning any online exercise program. You should be in good physical and mental condition to participate in the exercises provided. Not all exercises or movements are suitable for everyone. If you experience pain, discomfort, dizziness, or any other symptoms while exercising, stop immediately and consult your healthcare provider. Please be aware that there is an inherent risk associated with any exercise activity, and there may be a risk of injury. By engaging in the online exercise programs provided by CDornerFitness LLC, you confirm that you are participating voluntarily, assume all risks of injury to yourself, and agree to release and discharge CDornerFitness LLC and its representatives from any and all claims or causes of action, known or unknown, specifically arising out of CDornerFitness LLC's negligence. Always warm up before beginning any workout and make sure to cool down afterward. If any movement or instruction feels unsafe or uncomfortable, please modify it to suit your level or choose not to participate in that particular activity.