

MOBILITY & TONE



28 day CHALLENGE

by Qualified Trainer Lucy Wyndham-Read

Did You
KNOW?

“Having mobility exercises into your daily routine can enhance flexibility, promote joint health, prevent injuries, and improve overall functional fitness. This will help you lead a healthier and more active lifestyle.”

FUN
FACT

To tone your muscles, you don't need to lift extra weight; instead, focus on using your body weight. This is gentler on your joints, as indicated by the term "bodyWEIGHT."



10 BENEFITS OF IMPROVED MOBILITY

Reduced Risk of Injury

Enhanced mobility reduces the risk of injuries by promoting proper movement patterns and decreasing stress on muscles and ligaments.

Improved Posture

Enhanced mobility corrects muscle imbalances, aiding in better posture and reducing back and neck pain.

Increased Range of Motion

Improved mobility results in greater joint flexibility, enabling smoother movements in daily activities, sports, and workouts.

Better Functional Movement

Increased mobility enhances functional fitness, making everyday tasks like bending, reaching, and lifting easier and more efficient.

Joint Health

Regular mobility exercises support joint health by promoting synovial fluid production, preventing conditions like arthritis.

Reduced Muscle Tension and Stiffness

Better mobility targets tight areas, reducing muscle tension and stiffness for increased comfort and relaxation.



Enhanced Circulation

Dynamic mobility exercises boost blood flow to muscles and joints, aiding in nutrient and oxygen delivery for faster recovery and reduced soreness.

Better Balance and Stability

Mobility exercises improve balance and stability, enhancing proprioception and reducing the risk of falls and injuries.

Quality of Life

Improved mobility enhances quality of life by enabling an active lifestyle without physical limitations, allowing participation in various activities and social engagements.



TONE & MOBILITY CHALLENGE

THIS CHALLENGE WILL:

- TONE AND SCULPT YOUR MUSCLES
- BOOST YOUR NATURAL METABOLIC RATE
- MOBILIZE YOUR JOINTS
- ENHANCE YOUR BONE HEALTH
- INCREASE YOUR ENERGY LEVELS
- IMPROVE YOUR RANGE OF MOTION
- ENHANCE YOUR POSTURE
- IMPROVE YOUR OVERALL HEALTH

All the workouts are designed for home-based sessions and require no equipment. We will utilize your body weight, an effective method to tone your body, enhance bone strength, and be gentle on your joints. Remember to listen to your body; take a break if you feel tired on any given day. Do what feels best for you. While most workouts include a warm-up, you can use this alternative for those that don't. Please note that some of the workouts are repeats.

Simply press the play button below to start your workout schedule and follow along.

Mark off each day once you finish your workout.

WEEK 1

JUST CLICK ON THE PLAY BUTTON TO START THE WORKOUT. YOU CAN ALSO PRINT THIS PAGE AND CHECK OFF EACH WORKOUT AS YOU COMPLETE THEM.



DAY 1

7 MINUTE MOBILITY



5 MINUTE UPPER BODY TONE



DAY 2

10 MINUTE MOBILITY



5 MINUTE THIGH TONE



DAY 3

7 MINUTE MOBILITY



5 MINUTE AB TONE



DAY 4

5 MINUTE MOBILITY



5 MINUTE ARM TONE



DAY 5

7 MINUTE MOBILITY



5 MINUTE LEG TONE



DAY 6

7 MINUTE STRETCH



5 MINUTE UPPER BODY TONE



DAY 7

10 MINUTE MOBILITY



5 MINUTE GLUTE TONE



WEEK 2

JUST CLICK ON THE PLAY BUTTON TO START THE WORKOUT. YOU CAN ALSO PRINT THIS PAGE AND CHECK OFF EACH WORKOUT AS YOU COMPLETE THEM.



DAY 1

7 MINUTE MOBILITY



Play



5 MINUTE ARMS



Play



DAY 2

10 MINUTE MOBILITY



Play



9 MINUTE FULL BODY
SCUPLT



Play



DAY 3

7 MINUTE STRETCH



Play



5 MINUTE LOWER
BODY



Play



DAY 4

5 MINUTE MOBILITY



Play



5 MINUTE ABS
& THIGHS



Play



DAY 5

7 MINUTE MOBILITY



Play



5 MINUTE FULL
BODY TONE



Play



DAY 6

7 MINUTE MOBILITY



Play



5 MINUTE UPPER
BODY
TONE



Play



DAY 7

10 MINUTE MOBILITY



Play



7 MINUTE ABS



Play



WEEK 3

JUST CLICK ON THE PLAY BUTTON TO START THE WORKOUT. YOU CAN ALSO PRINT THIS PAGE AND CHECK OFF EACH WORKOUT AS YOU COMPLETE THEM.



DAY 1

10 MINUTE MOBILITY



5 MINUTE POSTURE EXERCISES



DAY 2

7 MINUTE MOBILITY



5 MINUTE ABS & ARMS



DAY 3

5 MINUTE MOBILITY



6 MINUTE TOTAL BODY TONE



DAY 4

7 MINUTE MOBILITY



5 MINUTE UPPER BODY TONE



DAY 5

7 MINUTE STRETCH



5 MINUTE LOWER BODY TONE



DAY 6

5 MINUTE MOBILITY



5 MINUTE BACK



DAY 7

7 MINUTE MOBILITY



7 MINUTE ABS



WEEK 4

JUST CLICK ON THE PLAY BUTTON TO START THE WORKOUT. YOU CAN ALSO PRINT THIS PAGE AND CHECK OFF EACH WORKOUT AS YOU COMPLETE THEM.



DAY 1

5 MINUTE MOBILITY



Play



5 MINUTE LOWER BODY



Play



DAY 2

7 MINUTE MOBILITY



Play



5 MINUTE ABS , WAIST & CORE



Play



DAY 3

10 MINUTE MOBILITY



Play



5 MINUTE FULL BODY



Play



DAY 4

7 MINUTE MOBILITY



Play



8 MINUTE STEPS & SCULPT



Play



DAY 5

7 MINUTE MOBILITY



Play



5 MINUTE LOWER BODY TONE



Play



DAY 6

7 MINUTE STRETCH



Play



5 MINUTE BACK



Play



DAY 7

7 MINUTE MOBILITY



Play



4 MINUTE ABS



Play



USEFUL BLOGS

START YOUR
HEALTH JOURNEY
CLICK HERE TO
READ



HOW EXERCISE SNACKS
CAN BOOST YOUR
FITNESS IN MINUTES
CLICK HERE
TO READ



HOW TO INCREASE
YOUR ENERGY
CLICK HERE TO READ

10 EASY WAYS TO EAT
LESS ULTRA-
PROCESSED FOOD
AND FEEL AMAZING
CLICK HERE
TO READ



FOR
ALL MY
MORE
BLOGS
CLICK HERE

CLICK ON ANY SOCIAL MEDIA ICON TO CONNECT



Always here to
keep *YOU* and
your loved ones
MOVING AT HOME



Lucy xx

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