

WORKING ON WHEEL

A 28 DAY CHALLENGE



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|--|---|--|--|---|--|---|
| 1 2.5 hours WHEEL WORKSHOP | 2 20 min Tight Hip Flexor Flow | 3 REST | 4 30 min WALL WORK ONE | 5 25 min A Little Bit Of Everything | 6 30 min MOOD BOOSTING BACKBENDS | 7 25 min Open Your Upper Back |
| 8 30 min WALL WORK ONE | 9 REST | 10 60 min SPINAL MOBILITY | 11 45 min Anti-Desk Yoga | 12 20 min Gentle Morning Yoga | 13 30 min WALL WORK ONE OR TWO | 14 REST |
| 15 60 min WORKING ON ONE LEG WHEEL | 16 20 min Intermediate Yoga For Shoudlers | 17 30 min Happy Hamstrings | 18 30 min WALL WORK ONE OR TWO | 19 30 min Work Toward King Pigeon | 20 REST | 21 30 min MOOD BOOSTING BACKBENDS |
| 22 75 min WORKSHOP FLOW CLASS | 23 10 min Yoga For Glutes | 24 20 min A Good Old Stretch | 25 REST | 26 60 min EXPLORING WAYS TO FOREARM WHEEL | 27 20 min Morning Shoulder stretch | 28 30 min WALL WORK ONE OR TWO |

RECOMMENDED:



OPTIONAL:

