

Mobility Calendar

Thirty days of joint-by-joint mobility for people who sit too much

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Ankles & Feet · Hips - Opening · Spine - Rotation · Shoulders · Relaxation · Full-Body Flow · Neck & Upper Back · Spine - Rotation & Extension · Ankles & Knees · Hips - Strength in Range

START HERE

Short daily sessions that work through the body one region at a time - ankles, hips, spine, shoulders, neck - and combine them into full-body flows at the end of each week. Most days take 15 minutes and none of them require getting warm first.

WHO THIS IS FOR

Adults who sit for long stretches, feel stiff in the morning, or want a low-intensity daily practice that supports the rest of their training without adding fatigue.

EQUIPMENT

None. Optional: a mat or towel, a wall, a stable chair, and a strap or belt for hamstring work.

INTENSITY GUIDE

RPE 1-2	Rest or very easy movement
RPE 3-4	Easy, conversation feels natural
RPE 5	Moderate, working but controlled
RPE 6	Challenging, never sharp or unstable

HOW TO USE THE CALENDAR

- Do the session at any time of day, including as a warm-up before other training.
- Move into the end range slowly, breathe through every hold, and stop short of pain.
- Held positions should feel like a firm stretch, never a sharp one.
- There are no full rest days here because the load is deliberately low, but two days each week are pure relaxation.

FIVE-MINUTE WARM-UP

1 minute	Slow breathing, seated or standing	Settle into an easy rhythm
1 minute	Neck turns and side bends	Loosen the upper body
1 minute	Shoulder rolls and arm circles	Move the hips comfortably
1 minute	Hip circles and gentle knee bends	Keep the depth pain-free
1 minute	Ankle circles and heel raises	Finish a little warmer

BEFORE EACH SESSION

- ☐ Clear the floor
- ☐ Stable chair or wall
- ☐ Water within reach
- ☐ Pain-free starting position

THREE-MINUTE COOL-DOWN

1 min

Slow the march until breathing settles.

1 min

Stretch calves, chest, and hips gently.

1 min

Take slow breaths and notice how the session felt.

30-day calendar overview

Tick the box for each completed day

1 Ankles & Feet RPE 2/10	2 Hips - Opening RPE 2/10	3 Spine - Rotation RPE 2/10	4 Shoulders RPE 3/10	5 Relaxation RPE 1/10
6 Full-Body Flow RPE 3/10	7 Neck & Upper Back RPE 2/10	8 Ankles & Feet RPE 2/10	9 Hips - Opening RPE 3/10	10 Spine - Rotation & Extension RPE 3/10
11 Shoulders RPE 3/10	12 Relaxation RPE 1/10	13 Full-Body Flow RPE 3/10	14 Neck & Upper Back RPE 2/10	15 Ankles & Knees RPE 3/10
16 Hips - Strength in Range RPE 4/10	17 Spine - Controlled Rotation RPE 3/10	18 Shoulders - Strength in Range RPE 4/10	19 Relaxation RPE 1/10	20 Full-Body Flow RPE 4/10
21 Neck & Upper Back RPE 2/10	22 Ankles & Knees RPE 4/10	23 Hips - Strength in Range RPE 4/10	24 Spine - Controlled Rotation RPE 3/10	25 Shoulders - Strength in Range RPE 4/10
26 Relaxation RPE 1/10	27 Full-Body Flow RPE 4/10	28 Neck & Upper Back RPE 2/10	29 Mobility Benchmark RPE 3/10	30 Reflect & Restore RPE 2/10

Days 1-6

[Complete session details](#)

Ankles & Feet

Exercises Ankle circles; knee-to-wall dorsiflexion; heel raises; toe splay and towel scrunch

1

Dose

45 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Hips - Opening

Exercises 90/90 hip switches; low lunge; figure-four seated stretch; hip circles on all fours

2

Dose

45 sec each side; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Spine - Rotation

Exercises Cat-cow; open book on the side; seated spinal twist; thread the needle

3

Dose

45 sec each side; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Shoulders

Exercises Wall slides; doorway chest opener; shoulder circles; towel overhead pass

4

Dose

45 sec each; 2 passes

Rest

15 sec between moves

Intensity

Easy · RPE 3/10

Relaxation

Exercises Slow breathing; supported child's pose; legs up the wall

5

Dose

3 min; 4 min; 6 min

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Full-Body Flow

Exercises Cat-cow; low lunge with reach; downward dog with bent knees; deep squat hold

6

Dose

4 rounds of the sequence

Rest

30 sec between rounds

Intensity

Easy · RPE 3/10

Days 7-12

[Complete session details](#)

Neck & Upper Back

Exercises Neck turns; chin tucks; upper trap stretch; scapular squeezes

7

Dose

45 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Ankles & Feet

Exercises Ankle circles; knee-to-wall dorsiflexion; calf stretch on a step; toe splay

8

Dose

50 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Hips - Opening

Exercises 90/90 hip switches; low lunge with reach; figure-four; frog stretch

9

Dose

50 sec each side; 2 passes

Rest

15 sec between moves

Intensity

Easy · RPE 3/10

Spine - Rotation & Extension

Exercises Cat-cow; open book; sphinx; seated twist

10

Dose

50 sec each side; 2 passes

Rest

15 sec between moves

Intensity

Easy · RPE 3/10

Shoulders

Exercises Wall slides; doorway chest opener; towel overhead pass; wall angel hold

11

Dose

50 sec each; 2 passes

Rest

15 sec between moves

Intensity

Easy · RPE 3/10

Relaxation

Exercises Slow breathing; supported child's pose; legs up the wall

12

Dose

3 min; 4 min; 7 min

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Days 13-18

[Complete session details](#)

Full-Body Flow

Exercises Cat-cow; low lunge with reach; downward dog; deep squat hold; standing roll-up

13

Dose

5 rounds of the sequence

Rest

30 sec between rounds

Intensity

Easy · RPE 3/10

Neck & Upper Back

Exercises Neck turns; chin tucks; upper trap stretch; scapular squeezes; thoracic extension on a chair

14

Dose

50 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Ankles & Knees

Exercises Knee-to-wall dorsiflexion; calf stretch on a step; deep squat hold with support; heel raises

15

Dose

60 sec each; 2 passes

Rest

15 sec between moves

Intensity

Easy · RPE 3/10

Hips - Strength in Range

Exercises 90/90 lift-offs; low lunge with pulse; standing hip airplane at a wall; glute bridge hold

16

Dose

3 rounds: 6/side; 8/side; 5/side; 25 sec

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Spine - Controlled Rotation

Exercises Cat-cow; open book; quadruped thoracic rotation; seated twist with hold

17

Dose

60 sec each side; 2 passes

Rest

15 sec between moves

Intensity

Easy · RPE 3/10

Shoulders - Strength in Range

Exercises Wall slides; prone Y raises; towel overhead pass; wall angel hold

18

Dose

3 rounds: 10; 8; 8; 25 sec

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Days 19-24

[Complete session details](#)

Relaxation

Exercises Slow breathing; supported child's pose; legs up the wall; reclined twist

19

Dose

3 min; 4 min; 6 min; 90 sec/side

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Full-Body Flow

Exercises Cat-cow; world's greatest stretch; downward dog; deep squat hold; standing roll-up

20

Dose

5 rounds of the sequence

Rest

30 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Neck & Upper Back

Exercises Chin tucks; neck turns with hold; upper trap stretch; thoracic extension on a chair

21

Dose

60 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Ankles & Knees

Exercises Knee-to-wall dorsiflexion; calf stretch on a step; deep squat hold; single-leg heel raises

22

Dose

60 sec each; 2 passes

Rest

20 sec between moves

Intensity

Easy-moderate · RPE 4/10

Hips - Strength in Range

Exercises 90/90 lift-offs; low lunge with pulse; hip airplane; single-leg glute bridge

23

Dose

3 rounds: 8/side; 10/side; 6/side; 8/side

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Spine - Controlled Rotation

Exercises Cat-cow; open book with hold; quadruped rotation; seated twist; sphinx

24

Dose

60 sec each side; 2 passes

Rest

15 sec between moves

Intensity

Easy · RPE 3/10

Days 25-30

[Complete session details](#)

Shoulders - Strength in Range

Exercises Wall slides; prone Y and T raises; towel overhead pass; wall angel hold

25

Dose

3 rounds: 12; 8 each; 10; 30 sec

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Relaxation

Exercises Slow breathing; supported child's pose; legs up the wall; reclined twist

26

Dose

3 min; 4 min; 7 min; 2 min/side

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Full-Body Flow

Exercises Cat-cow; world's greatest stretch; downward dog; deep squat hold; standing roll-up

27

Dose

6 rounds of the sequence

Rest

30 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Neck & Upper Back

Exercises Chin tucks; neck turns with hold; upper trap stretch; scapular squeezes; thoracic extension

28

Dose

60 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Mobility Benchmark

Exercises Knee-to-wall distance; deep squat hold; overhead reach against a wall; seated twist range

29

Dose

Measure and record each; hold 30 sec

Rest

30 sec between tests

Intensity

Easy · RPE 3/10

Reflect & Restore

Exercises Favourite full-body flow; long relaxation; monthly review

30

Dose

12 min flow + 8 min relaxation

Rest

Continuous, no effort

Intensity

Very easy · RPE 2/10

Warm-up, modifications & progressions

WARM-UP BEFORE EVERY TRAINING DAY

Minute 1	Slow breathing, seated or standing	1 minute	Raise body temperature without rushing
Minute 2	Neck turns and side bends	1 minute	Free the shoulders and upper back
Minute 3	Shoulder rolls and arm circles	1 minute	Prepare hips and comfortable depth
Minute 4	Hip circles and gentle knee bends	1 minute	Mobilise ankles and lower legs
Minute 5	Ankle circles and heel raises	1 minute	Finish warmer while breathing steadily

BEGINNER MODIFICATIONS

- Hold every position for 30 seconds instead of the listed time.
- Use a chair or wall for support in the deep squat and hip airplane.
- Keep the knees bent in every forward fold and downward dog.
- Replace the frog stretch with a seated butterfly.
- Do one pass instead of two and keep the daily rhythm.

OPTIONAL PROGRESSIONS

- Add 10 seconds to a hold before adding a second pass.
- Move from supported to unsupported in the deep squat and hip airplane.
- Add the strength-in-range rounds only when the passive version feels comfortable.
- Repeat the month and compare the Day 29 measurements.
- Progress only after every repetition stays steady and pain-free.

PRACTICAL MOVEMENT SUBSTITUTIONS

Deep range	Work in a smaller, comfortable range
Floor drill	Use a chair, wall, or standing version
Long hold	Shorten the hold and repeat gently

Weekly review & recovery

WEEK 1

Which sessions felt most approachable?

What will make next week easier?

WEEK 2

Where did technique improve?

Did the recovery days feel sufficient?

WEEK 3

What changed in energy or confidence?

Which modification worked best?

WEEK 4

What routine is worth continuing?

Choose one realistic next-month goal.

RECOVERY CHECKLIST

☐ Sleep routine

☐ Regular meals

☐ Water available

☐ Gentle movement

☐ Rest day protected

☐ No sharp pain

Finish safely. Keep moving forward.

SAFETY DISCLAIMER

This plan provides general fitness information, not medical advice. Consult a qualified health professional when appropriate, particularly for joint, neck, or back concerns. Stretch to a firm sensation, never to pain, and stop for chest pain, faintness, unusual shortness of breath, or sharp or worsening pain. Results vary and no outcome is guaranteed.

30-DAY COMPLETION RECORD

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FINAL REFLECTION

The habit I am most proud of:

The movement I want to keep practising:

My realistic next step:

Ready for your next calendar?

Get more printable fitness calendars at FitnessCalendars.com.