

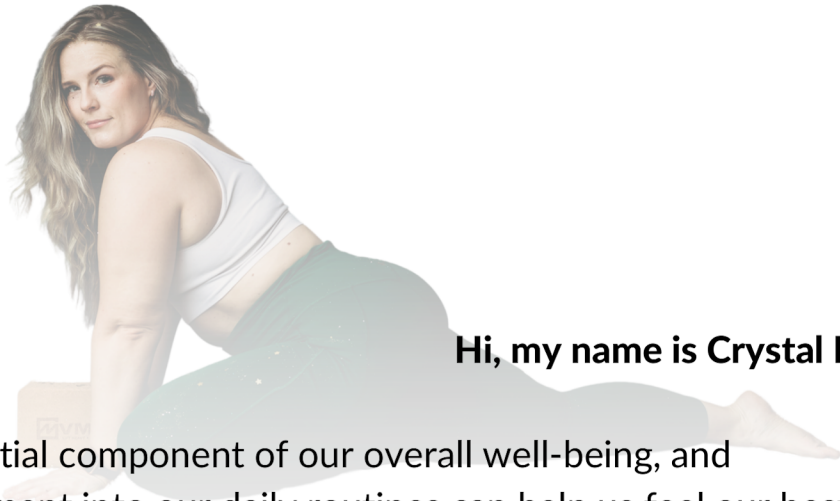


**MVMNT**  
*February*  
**PROGRAMMING**

Daily MVMNT Intentions & Calendar

# MEET YOUR COACH

*Crystal*



**Hi, my name is Crystal Derry.**

Self-care is an essential component of our overall well-being, and incorporating movement into our daily routines can help us feel our best. As someone who has experienced the challenges of being neurodivergent and finding self-care practices that work for me, I understand how difficult it can be to navigate mainstream strategies that may not be tailored to our specific needs. That's why I have taken the time to find my own path toward self-care and regulation, and I am learning to embrace my differences. By adopting these practices, you too can improve your overall quality of life and feel more equipped to handle the stresses of everyday life. So let's be patient with ourselves and embrace the power of self-care.

B.Sc.kin, Mind & Body Expert,  
Olympic Weightlifting Coach/Athlete,  
CSEP Certified Personal Trainer with 15 years of experience,  
Creator/Founder of "Mobility MVMNT" Online programming,  
SFG Kettlebell Instructor,  
FRC Mobility Specialist,  
Flexible Steel Instructor,  
Yoga Instructor (RYT 200 hr).  
Registered Therapeutic Counselor,  
Creator/Founder of the "Restoring the Nervous System" Educational Course.

# MVMNT PROGRAM

## *Setting Intentions*

Welcome to the Daily MVMNT program for February!

My name is Crystal, and I'm excited to share with you the method behind this month's mobility program.

Building off of January's program we are going to focus more on movement mechanisms this month. We will be working on progressing squat and shoulder overhead mobility and have a solid focus on spine mobility and joint care. Each week Sundays will be dedicated to a restorative routine as some of you might be taking part in the CrossFit Open and it's good to get into a routine where you use Sunday as your rest & reset day. If you are not in the CrossFit Community that's no problem, Sunday can still be your rest & reset day 😊

This month, the routines will progress each week:

- In week one, we focus on squat and front rack mobility and mechanics, so we will be working on ankles, hips, and upper back. We will also use some banded distraction techniques to target the joint capsule.
- In week two, we'll focus on slowing down and allowing our bodies to integrate the work we did last week. We have a combination of flows and deep relaxation routines, this week should be fun!
- In week three, we'll engage the nervous system with routines that are designed to increase your joint's capacity. It's important to remember that less is often more in these routines. These routines might feel challenging and that is okay!
- In week four, we'll take a more full-body approach to the routines and dive a little deeper into our shoulder mobility and rotation of the upper back. These routines will be great for you if you weightlift, CrossFit, or are a gym goer.

This month is going to be a lot of fun and I hope you guys enjoy digging deeper into the hips, ankles, and shoulders!

# DAILY MVMNT PROGRAM

MONTH: \_\_\_\_\_

MON	TUES	WED	THU	FRI	SAT	SUN
<b>SQUAT MOBILITY</b> SNARE	<b>FRONT RACK ROM</b> MARIONETTE	<b>FULL BODY CARs</b> OXBOW	<b>TOES FEET &amp; ANKLES</b> TRIBUTARY	<b>T-SPINE &amp; SHOULDER</b> BUTTERFLY	<b>QUADS &amp; ANKLES</b> SHREDDIES	<b>GENTLE HIP OPENERS</b> SLACK
<b>SQUAT FLOW</b> JACKED	<b>ACTIVE SHOULDER ROM</b> CRESCENT	<b>WEIGHTLIFT RELAX</b> AIRBAGS	<b>QUADS &amp; ANKLES</b> DEEP	<b>SHOULDER STABILITY</b> BOGG	<b>DEEP RELEASE</b> UNWIND	<b>LOW BACK RELEASE</b> SNOWFLAKE
<b>SPINE HEALTH</b> SPINE ROUTINE	<b>SHOULDER STABILITY</b> PEWPEW	<b>SQUAT MOBILITY FLOW</b> LAZER	<b>SHOULDER &amp; SPINE PREP</b> TATUME	<b>HIP &amp; LOW BACK MELT</b> BALEINE	<b>HAMSTRING &amp; GROIN</b> ZION	<b>SHOULDER &amp; CHEST</b> WARRIOR
<b>HIP DEEP DIVE</b> JUNO	<b>FULL BODY FLOW</b> ZEUS	<b>ACTIVE SHOULDER ROM</b> TOUCAN	<b>UPPER TRAP &amp; NECK</b> FLAMINGO	<b>CROSSFIT FLOW</b> KERRY	<b>ACTIVE SHOULDER</b> WINGS	<b>FULL BODY TWIST</b> REIGNS

# DAILY GAME *Changer*

This month we are introducing an exercise to help you build awareness around your habits. Building awareness is the first step towards transforming your life.

The daily game changer is intended to be a 5 min journaling task where you take the time to consider the following:

## LETTING GO

The healthiest and happiest individuals notice behaviors, beliefs, or thoughts that are no longer serving them in their lives and then choose to let go of them.

## GRATITUDE

Research shows that people who have a regular gratitude practice are significantly happier over their lifetime.

## VALUE

What we value is important as well as checking in to see if we are actually aligned with what we think we value.

## DAILY FOCUS

Give yourself an opportunity to take a step back from the chaos and ask yourself, what is the one thing I can do here that will have the most impact on moving me towards my goal today?

# DAILY GAME *Changer*

Today I will let go of...

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I am grateful for...

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I value...

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I will focus on...

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# FAQS

## **WHERE DO I FIND THE PROGRAMMING?**

The Daily MVMNT Programming can be found in the MVMNT App or website members library under the category "DAILY MVMNT PROGRAM".

## **HOW DO I KNOW IF I AM PROGRESSING?**

Remember, progress is not always linear, and it's normal to have ups and downs. The important thing is to stay consistent with your training and pay attention to how your body is responding. Pay attention to how you feel: Your body is the best indicator of your progress. Pay attention to how you feel before and after your routines, workday, workouts, etc. Do you feel more flexible and able to move with ease? Do you feel less sore and stiff? These are all good signs that you are making progress. The best way to track this is in a journal and take before and after photos of any positions you are working on (ie squat depth, overhead mobility)

## **I DON'T FEEL A DEEP ENOUGH STRETCH - DOES THAT MEAN I AM DOING IT WRONG?**

Not necessarily. It's important to remember that everyone's bodies are different, and what may feel like a deep stretch for one person may not be as deep for another. It's also important to consider that your range of motion can vary from day to day based on a variety of factors such as fatigue, stress, and muscle soreness.

## **I FEEL SORE AFTER SOME ROUTINES - IS THAT A BAD THING?**

Not necessarily. Soreness, or muscle fatigue, is a normal response to exercise and can be a sign that your muscles are adapting to the new demands being placed on them. However, it's important to listen to your body and not push yourself too hard if you are feeling overly sore or uncomfortable.

## **CAN I DOWNLOAD THE VIDEOS TO VIEW OFFLINE?**

Yes, you can download the video to view offline through the MVMNT App.

# FAQS

## **WHAT EQUIPMENT SHOULD I HAVE?**

For the Mobility MVMNT program, you will need a few basic pieces of equipment to get started. These may include:

- A yoga mat or a soft surface to work on
- Comfortable clothing that allows you to move freely
- A foam roller or massage ball to help with self-massage and muscle release
- Resistance bands or a therapy ball to add variety to your routines

While these items are not strictly necessary, they can be helpful in enhancing your mobility training experience. You can also try using household items such as towels, pillows, and blankets to add variety to your routines.

## **DO I HAVE TO DO EVERY SINGLE VIDEO TO PROGRESS?**

It's up to you how you want to structure your workouts with the Mobility MVMNT program. While it can be beneficial to follow the program as it is designed, with a progressive increase in intensity over time, you can also tailor the program to your specific needs and goals.

If you are short on time or feeling particularly sore or tired, it's okay to skip a video or take a break from your workouts. It's important to listen to your body and not push yourself too hard. However, if you are able to do all of the videos, it can be a great way to challenge yourself and see more progress.

Ultimately, the most important thing is to find a balance that works for you and your body. If you have any doubts about whether a particular video is suitable for your fitness level or goals, it's always a good idea to consult with a healthcare professional or fitness professional for guidance.



# DISCLAIMER

## DISCLAIMERS

The information provided by Mobility MVMNT is for educational and informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your healthcare professional or qualified fitness instructor before starting any new exercise program or making any changes to your current routine.

Please consult your healthcare professional before beginning any exercise program, particularly if you have any underlying health conditions or injuries. Mobility MVMNT is not responsible for any injuries or health problems that may arise as a result of participating in our programs.

By using the Mobility MVMNT program, you acknowledge that you are participating at your own risk and that you are solely responsible for your own health and well-being. If you feel any discomfort or pain while participating in our program, stop immediately and consult with a healthcare professional.

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