

Days 1 - 7

	MOB — personal pick	MOB 2 — archetype	MOB 3 — body area
	Choose one mobilization from part 3 (pages 282-441) that focuses on the problem of the day, a personal weakness, or a position you want to improve.		
MONDAY		Overhead Archetype Choose one mobilization from the overhead archetype list (page 445) or one mobilization from part 3 that is tagged with the overhead archetype icon.	Area 1: Jaw, Head, and Neck Choose one mobilization from Area 1 (pages 287-291).
TUESDAY		Squat Archetype Choose one mobilization from the squat archetype list (page 457) or one mobilization from part 3 that is tagged with the squat archetype icon.	Area 13: Calf Choose one mobilization from Area 13 (pages 424-430).
WEDNESDAY		Hang Archetype Choose one mobilization from the hang archetype list (page 451) or one mobilization from part 3 that is tagged with the hang archetype icon.	Area 2: Upper Back Choose one mobilization from Area 2 (pages 292-308).
THURSDAY		Front Rack Archetype Choose one mobilization from the front rack archetype list (page 454) or one mobilization in part 3 that is tagged with the front rack archetype icon.	Area 6: Trunk Choose one mobilization from Area 6 (pages 348-366).
FRIDAY		Pistol Archetype Choose one mobilization from the pistol archetype list (page 461) or one mobilization in part 3 that is tagged with the pistol archetype icon.	Area 12: Shin Choose one mobilization from Area 12 (pages 419-423).
SATURDAY		Lunge Archetype Choose one mobilization from the lunge archetype list (page 465) or one mobilization in part 3 that is tagged with the lunge archetype icon.	Area 14: Ankle, Foot, and Toes Choose one mobilization from Area 14 (pages 431-441).
SUNDAY		Press Archetype Choose one mobilization from the press archetype list (page 448) or one mobilization in part 3 that is tagged with the press archetype icon.	Area 3: Posterior Shoulder, Lat. Serratus Choose one mobilization from Area 3 (pages 309-321).

Days 8 - 14

	MOB – personal pick	MOB 2 – archetype	MOB 3 – body area
	Choose one mobilization from part 3 (pages 282-441) that focuses on the problem of the day, a personal weakness, or a position you want to improve.		
MONDAY		Overhead Archetype Choose one mobilization from the overhead archetype list (page 445) or one mobilization from part 3 that is tagged with the overhead archetype icon.	Area 5: Arm Choose one mobilization from Area 5 (pages 335-347).
TUESDAY		Squat Archetype Choose one mobilization from the squat archetype list (page 457) or one mobilization from part 3 that is tagged with the squat archetype icon.	Area 9: Adductors Choose one mobilization from Area 9 (pages 397-402).
WEDNESDAY		Hang Archetype Choose one mobilization from the hang archetype list (page 451) or one mobilization from part 3 that is tagged with the hang archetype icon.	Area 10: Hamstrings Choose one mobilization from Area 10 (pages 403-411).
THURSDAY		Front Rack Archetype Choose one mobilization from the front rack archetype list (page 454) or one mobilization in part 3 that is tagged with the front rack archetype icon.	Area 11: Knee Choose one mobilization from Area 11 (pages 412-418).
FRIDAY		Pistol Archetype Choose one mobilization from the pistol archetype list (page 461) or one mobilization in part 3 that is tagged with the pistol archetype icon.	Area 7; Glutes, Hip Capsules Choose one mobilization from Area 7 (pages 367-383),
SATURDAY		Lunge Archetype Choose one mobilization from the lunge archetype list (page 465) or one mobilization in part 3 that is tagged with the lunge archetype icon.	Area 8: Hip Flexors, Quadriceps Choose one mobilization from Area 8 (pages 384-396).
SUNDAY		Press Archetype Choose one mobilization from the press archetype list (page 448) or one mobilization in part 3 that is tagged with the press archetype icon.	Area 4: Anterior Shoulder and Chest Choose one mobilization from Area 4 (pages 322-334).