



Eden's Peak Mobile Fitness

Move Better Every Day

Routine

- Cat-Cow ×10
- World's Greatest Stretch ×5/side
- 90/90 Hip Switches ×10
- Thoracic Rotations ×10/side
- Deep Squat Hold 60 sec
- Ankle Rocks ×15/side

Ready for personalized coaching?

Book your FREE Eden's Peak Strategy Session.
Performance • Wellness • Mindset