

28-DAY SOMATIC WORKOUT PLAN

FROM: / / TO: / /

Day	Focus Area	Exercise	Benefits
Day 1	Awareness and Alignment	Pelvic Tilts	Releases lower back tension
Day 2	Neck and Shoulders	Shoulder Rolls	Improves posture and mobility
Day 3	Breathing	Diaphragmatic Breathing	Reduces stress
Day 4	Spinal Flexibility	Cat-Cow Stretch	Promotes spinal health
Day 5	Hips and Lower Body	Hip Circles	Enhances joint flexibility
Day 6	Core Activation	Supine Knee Drops	Strengthens core muscles
Day 7	Full-Body Relaxation	Somatic Body Scan	Promotes deep relaxation
Day 8	Awareness and Strength	Standing Hip Hinge	Improves balance and strength
Day 9	Shoulders and Arms	Arm Sweeps	Releases tension in upper body
Day 10	Core Strengthening	Supine Marching	Enhances core stability
Day 11	Hips and Pelvis	Bridge Rolls	Opens up tight hip flexors
Day 12	Restorative Flow	Child's Pose with Breathing	Relieves tension
Day 13	Spinal Mobility	Seated Twist	Improves flexibility
Day 14	Relaxation	Progressive Muscle Relaxation	Lowers overall tension
Day 15	Advanced Core Activation	Leg Slides	Builds strength gently
Day 16	Hip Mobility	Side-Lying Leg Lifts	Supports hip and knee health
Day 17	Shoulder Mobility	Shoulder Blade Squeezes	Enhances range of motion
Day 18	Spine Strength	Tabletop Pose	Strengthens back muscles
Day 19	Breath and Movement	Ribcage Breathing	Enhances lung capacity
Day 20	Flow and Flexibility	Gentle Sun Salutations	Energizes the body
Day 21	Restorative Full-Body Flow	Reclining Butterfly Pose	Promotes relaxation

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Day	Focus Area	Exercise	Benefits
Day 22	Refinement of Core Stability	Dead Bug Exercise	Improves coordination
Day 23	Shoulder and Back Strength	Wall Angels	Builds strength and alignment
Day 24	Pelvic and Hip Balance	Standing Hip Circles	Strengthens stabilizer muscles
Day 25	Spinal Awareness	Curl and Uncurl Roll Down	Enhances posture and control
Day 26	Integrative Movement	Somatic Full-Body Flow	Connects all learned movements
Day 27	Deep Relaxation	Lying Starfish Stretch	Relieves full-body tension
Day 28	Celebratory Flow	Custom Flow of All Favorites	Reflects progress and joy