

STRETCH IT OUT

30 DAY STRETCHING CHALLENGE

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

CHOOSE 4 STRETCHES EVERYDAY

NAME



Downward Dog



Butterfly Stretch



Lower Back Stretch



Cobra Stretch



Cow Stretch



Quad Stretch



Knee Folds



Neck Stretch