

30 DAYS STRETCHING CHALLENGE

30 DAYS

STRETCHING *Challenge*



HIPS OPENER STRETCH



SEATED FORWARD BEND



SIDE REACH



CAT-COW BACK STRETCH



RECLINED SPINAL TWIST

DAY 1

10
secondes

DAY 2

12
secondes

DAY 3

14
secondes

DAY 4

16
secondes

DAY 5

18
secondes

DAY 6

20
secondes

DAY 7

22
secondes

DAY 8

24
secondes

DAY 9

26
secondes

DAY 10

28
secondes

DAY 11

30
secondes

DAY 12

32
secondes

DAY 13

34
secondes

DAY 14

36
secondes

DAY 15

38
secondes

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