

30 DAYS STRETCHING CHALLENGE

30 DAYS

STRETCHING *Challenge*



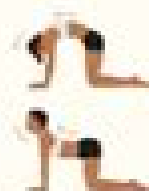
HIPS OPENER STRETCH



SEATED FORWARD BEND



SIDE REACH



CAT-COW BACK STRETCH



RECLINED SPINAL TWIST

DAY 1

10
seconds

DAY 2

12
seconds

DAY 3

14
seconds

DAY 4

16
seconds

DAY 5

18
seconds

DAY 6

20
seconds

DAY 7

22
seconds

DAY 8

24
seconds

DAY 9

26
seconds

DAY 10

28
seconds

DAY 11

30
seconds

DAY 12

32
seconds

DAY 13

34
seconds

DAY 14

36
seconds

DAY 15

38
seconds

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