

# 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

# F325 Stretch And Challenge

**S Nieto**



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