

30 DAYS STRETCHING CHALLENGE

30 DAYS

STRETCHING *Challenge*



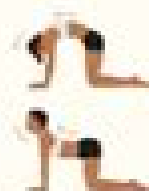
HIPS OPENER STRETCH



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

F325 Stretch And Challenge

Jiyuan Zhang



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