



30 Day Stretch Routine

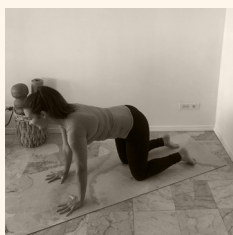
The Plan

DAY 1 <input type="checkbox"/> 5-MIN. STRETCH	DAY 2 <input type="checkbox"/> 5-MIN. STRETCH	DAY 3 <input type="checkbox"/> 5-MIN. STRETCH	DAY 4 <input type="checkbox"/> 5-MIN. STRETCH	DAY 5 <input type="checkbox"/> 5-MIN. STRETCH	DAY 6 <input type="checkbox"/> 5-MIN. STRETCH	DAY 7 <input type="checkbox"/> 5-MIN. STRETCH
DAY 8 <input type="checkbox"/> 5-MIN. STRETCH	DAY 9 <input type="checkbox"/> 5-MIN. STRETCH	DAY 10 <input type="checkbox"/> 5-MIN. STRETCH	DAY 11 <input type="checkbox"/> 5-MIN. STRETCH	DAY 12 <input type="checkbox"/> 5-MIN. STRETCH	DAY 13 <input type="checkbox"/> 5-MIN. STRETCH	DAY 14 <input type="checkbox"/> 5-MIN. STRETCH
DAY 15 <input type="checkbox"/> 10-MIN. STRETCH	DAY 16 <input type="checkbox"/> 10-MIN. STRETCH	DAY 17 <input type="checkbox"/> 10-MIN. STRETCH	DAY 18 <input type="checkbox"/> 10-MIN. STRETCH	DAY 19 <input type="checkbox"/> 10-MIN. STRETCH	DAY 20 <input type="checkbox"/> 10-MIN. STRETCH	DAY 21 <input type="checkbox"/> 10-MIN. STRETCH
DAY 22 <input type="checkbox"/> 10-MIN. STRETCH	DAY 23 <input type="checkbox"/> 10-MIN. STRETCH	DAY 24 <input type="checkbox"/> 10-MIN. STRETCH	DAY 25 <input type="checkbox"/> 10-MIN. STRETCH	DAY 26 <input type="checkbox"/> 10-MIN. STRETCH	DAY 27 <input type="checkbox"/> 10-MIN. STRETCH	DAY 28 <input type="checkbox"/> 10-MIN. STRETCH
DAY 29 <input type="checkbox"/> 10-MIN. STRETCH	DAY 30 <input type="checkbox"/> 10-MIN. STRETCH					

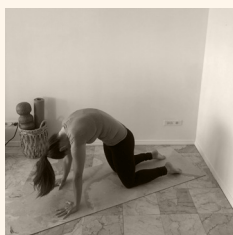
The Exercises



Kneeling mountain pose



Hands and knees



Cat cow



Low runner's lunge



Kneeling hamstring stretch



Standing mountain pose



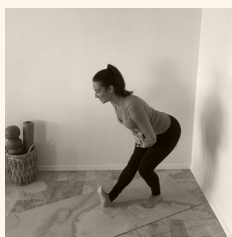
Forward fold



Half lift



Crescent lunge



Standing hamstring stretch



Seated cat cow



Seated cross-legged forward fold



Seated side stretch



Lying figure four



Lying twist



Lying knees to chest