STRETCHES

GOOD = 3 DAYS/WK | BETTER = 5 DAYS/WK | BEST = 7 DAYS/WK

	REPS/TIME	SETS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FORWARD FOLD WITH CLASPED HANDS	30+ SECONDS	3	\bigcirc						
BUTTERFLY STRETCH	30+ SECONDS	3	\Diamond	\Diamond	\Diamond	\bigcirc	\Diamond	\Diamond	\Diamond
SEAL STRETCH	30+ SECONDS	3	\Diamond	\Diamond	\Diamond	\bigcirc	\Diamond	\bigcirc	\Diamond
DOWNWARD DOG	30+ SECONDS	3	\bigcirc						
SEATED SPINAL TWIST (RIGHT)	30+ SECONDS	3	\bigcirc						
SEATED SPINAL TWIST (LEFT)	30+ SECONDS	3	\bigcirc						
QUAD STRETCH (RIGHT)	30+ SECONDS	3	\bigcirc						
QUAD STRETCH (LEFT)	30+ SECONDS	3	\bigcirc						
SIDE LUNGE (RIGHT	30+ SECONDS	3	\bigcirc						
SIDE LUNGE (LEFT)	30+ SECONDS	3	\bigcirc						
CALF WALL STRETCH (RIGHT)	30+ SECONDS	3	\bigcirc						
CALF WALL STRETCH (LEFT)	30+ SECONDS	3	\bigcirc						