

September Stretch Challenge



Start with Pose One on Day One, Pose Two on Day Two, and so on. At the end of the week, perform all the poses together. Each pose should be held for one minute. If you're looking for an extra challenge, you can try doing all the poses from the first week each day, then add the new poses from the second week daily during the second week, and so on.

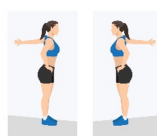
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 neck stretch (both sides)	2 arm crossover stretch (both sides)	3 chest stretch (both sides)	4 overhead tricep stretch (both sides)	5 hands behind back	6 upper back stretch	7 Perform all poses
8 lying full body stretch	9 knees to chest	10 lying hamstring stretch (both sides)	11 lying crossover stretch (both sides)	12 figure four stretch (both sides)	13 cat/cow stretch	14 Perform all poses
15 neck stretch (both sides)	16 arm crossover stretch (both sides)	17 chest stretch (both sides)	18 overhead tricep stretch (both sides)	19 hands behind back	20 upper back stretch	21 Perform all poses
22 lying full body stretch	23 knees to chest	24 lying hamstring stretch (both sides)	25 lying crossover stretch (both sides)	26 figure four stretch (both sides)	27 cat/cow stretch	28 Perform all poses
29 neck stretch (both sides)	30 arm crossover stretch (both sides)					



neck stretch



arm crossover



chest stretch



overhead tricep



hands behind back



upper back



lying full body



knees to chest



lying hamstring



lying crossover



figure four



cat/cow