



# MONTHLY TRACKER

Month:

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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Reminder

# FLEXIBILITY CHALLENGE

10 sec bridge	30 sec middle split	10 sec bridge on elbows	30 sec side splits	20 sec superman
10 kicks to the side (both sides)	clasp your hands together bend over and let your arms fall forward toward your head	10 kicks to the front (both sides)	Stand with your hand behind the our back & your elbow pointing out. With your other hand pull your elbow forward.	10 kicks to the back (both sides)
20 sec splits with front foot raised higher	Seal stretch laying on belly pick head & chest up arms straight	Butterfly stretch twist to side	kneel with legs together and lean backwards	Facing wall lift leg up keep it straight & reach to toe
back on wall lift one leg up to split on wall	Sit in straddle facing wall & push bum as close as you can	10 sec bridge feet close to hands	lay on back bend knees feet on floor & push hip ups 10x	20 sec hollow hold
Lay on back arms in high V & kick up to heel stretch 10x both sides	Lay on belly bend one foot towards bum and reach around grab foot	Twisting seal stretch both sides	Lay on belly bend legs towards bum and reach around grab foot	Stand with straight legs reach hands down back of leg
on hands & knees lift leg up & down behind you keep it straight 10x both sides	lay on belly bend knees towards bum & grab between ankle/knee	heel on the floor, toes up. Hinge forward at your hips and bend your right knee as you sit back a bit.	You get 2 free days to catch up on accidental missed days or review your favorite challenge	