

BEGINNER STRETCH CHALLENGES

Start your flexibility journey with gentle stretches that feel absolutely amazing! This thoughtful challenge guides you through every part of your body, helping you move better and feel more relaxed in your daily life. Perfect for beginners, each stretch is designed to be accessible and enjoyable while building your flexibility foundation.

How do I feel before starting the challenge ?



Describe how you feel:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lower Body Stretch	Upper Body Stretch	Shoulder Stretch	Full Body Stretch	Total Body Stretch	Shoulders & Upper Chest Stretch	Hip Stretch
20 min	15 min	10 min	20 min	45 min	20 min	30 min
HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆

Well Done! How do I feel after 7 days in a row of Pilates?



Describe how you feel:

Print this, hang it, and tick it off each day as you go.
Spread the length of the program by adding rest days to suit your needs.
Please practice with care and be patience with your body.
For best results - sleep, eat healthy, and be kind to yourself.