

28 DAYS TO AWAKEN YOUR FLEXIBILITY INTERMEDIATE

Designed to revitalize your body and mind. This program targets not just your muscles but also your fascia, the key to fluid movement. Each day, we'll guide you through routines that enhance flexibility, ease tension, and boost your overall well-being. Perfect for any age or fitness level, this program is your gateway to a more supple, pain-free you. Embark on this journey of rejuvenation today!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 20 min Shoulder Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Lower Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Upper Body Stretch ☆☆☆☆☆	 30 min Hip Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min Shoulder & Chest Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Total Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Dynamic Legs & Hips ☆☆☆☆☆	 20 min Spinal & Lateral Flexion ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 30 min Lower Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Upper Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hip Stretch ☆☆☆☆☆	 20 min Shoulder Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 30 min Dynamic Legs & Hips ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Total Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Shoulder Stretch ☆☆☆☆☆	 20 min Spinal & Lateral Flexion ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 20 min Breathing ☆☆☆☆☆	 20 min Abs & Back Workout ☆☆☆☆☆	 20 min Standing Strong Pilates ☆☆☆☆☆	 20 min Spine Flow 1 ☆☆☆☆☆	 20 min Mat Flow 1 ☆☆☆☆☆		

You are welcome to add bonus classes
anywhere your body needs them.