

10-WEEK CHALLENGE

Complete the following series 7 days in a row.



FORWARD FOLD

DURATION:
1 MINUTE



MELTING HEART

DURATION:
1 MINUTE



BUTTERFLY

DURATION:
1 MINUTE



SUPINE TWIST

DURATION:
30 SECONDS EACH SIDE



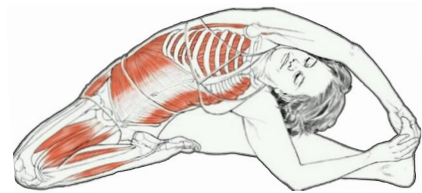
SCORPION

DURATION:
30 SECONDS EACH SIDE



LIZARD LOW LUNGE

DURATION:
30 SECONDS EACH SIDE



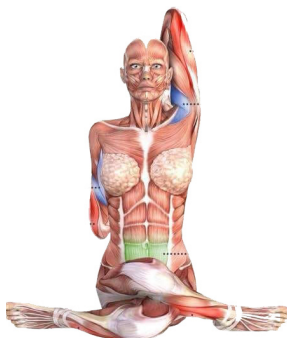
LIZARD LOW LUNGE

DURATION:
30 SECONDS EACH SIDE



SUPINE TWIST

DURATION:
30 SECONDS EACH SIDE



KNEE STACK

DURATION:
30 SECONDS EACH SIDE