

# 21-Day Stretching Challenge

Part One

# UMOJI

1



**Butterfly**  
20 seconds



**Pike Against Wall**  
20 seconds

2



**Frog**  
25 seconds



**Lunges**  
25 seconds each side

3



**Straddle**  
30 seconds



**Leg Holds**  
30 seconds each leg

4



**Butterfly**  
35 seconds



**Pike Against Wall**  
35 seconds

5



**Frog**  
40 seconds



**Lunges**  
40 seconds each side

6



**Straddle**  
45 seconds



**Leg Holds**  
45 seconds each leg

7



**Butterfly**  
50 seconds



**Pike**  
50 seconds



**Forced Arch**  
30 seconds

8



**Frog**  
55 seconds



**Lunges**  
55 seconds ea.



**Second**  
35 seconds

9



**Straddle**  
60 seconds



**Leg Holds**  
60 seconds ea.



**Calves**  
40 seconds

10



**Butterfly**  
65 seconds



**Pike**  
65 seconds



**Forced Arch**  
45 seconds