



## INCREASE FLEXIBILITY WORKOUT PLAN

Designed to increase your joint mobility, circulation and body balance, this plan will help you feel stretched, revitalized and invigorated. You'll get an essential minimum of 20 minutes of daily activity to improve your health and well-being while releasing tight muscles and improving flexibility. Grab a friend and set a goal together!

### Recommended Equipment



YOGA MAT



FOAM ROLLER



TOWEL

### What's Next

- Repeat this plan as needed
- Try other yoga/Pilates classes from the Fusion, eXpress, TimeSavers or Office Breaks channels

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Fusion Unlock and Unblock 20 min	eXpress Heart Opener 20 min	Fusion Unlock and Unblock 20 min	eXpress Total Body Stretch 20 min	eXpress Less Is More 20 min	eXpress The Rolldown 20 min	REST
WEEK 2	Fusion FUNdamentals 20 min	eXpress Less is More 20 min	Fusion Unlock and Unblock 20 min	eXpress Breathe Into It 20 min	eXpress Heart Opener 20 min	eXpress Roll With It 20 min	REST
WEEK 3	Fusion Unlock and Unblock 20 min	eXpress Heart Opener 20 min	Fusion FUNdamentals 20 min	eXpress Total Body Stretch 20 min	eXpress Less Is More 20 min	eXpress The Rolldown 20 min	REST
WEEK 4	Fusion FUNdamentals 20 min	eXpress Less is More 20 min	Fusion Unlock and Unblock 20 min	eXpress Breathe Into It 20 min	eXpress Heart Opener 20 min	eXpress Roll With It 20 min	REST