



## Increase Flexibility Challenge

Designed to increase your joint mobility, circulation and body balance, this challenge 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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<b>Unlock and Unblock</b> Fusion (Yoga) 20 min	<b>Heart Opener</b> Express (Toning) 20 min	<b>Unlock and Unblock</b> Fusion (Yoga) 20 min	<b>Total Body Stretch</b> Express (Toning) 20 min	<b>Less Is More</b> Express (Toning) 20 min	<b>The Rolldown</b> Express (Toning) 20 min	<b>REST</b>
WEEK 2	<b>FUNDamentals</b> Fusion (Yoga) 20 min	<b>Less is More</b> Express (Toning) 20 min	<b>Unlock and Unblock</b> Fusion (Yoga) 20 min	<b>Breathe Into It</b> Express (Toning) 20 min	<b>Heart Opener</b> Express (Toning) 20 min	<b>Roll With It</b> Express (Toning) 20 min	<b>REST</b>
WEEK 3	<b>Unlock and Unblock</b> Fusion (Yoga) 20 min	<b>Heart Opener</b> Express (Toning) 20 min	<b>FUNDamentals</b> Fusion (Yoga) 20 min	<b>Total Body Stretch</b> Express (Toning) 20 min	<b>Less Is More</b> Express (Toning) 20 min	<b>The Rolldown</b> Express (Toning) 20 min	<b>REST</b>
WEEK 4	<b>FUNDamentals</b> Fusion (Yoga) 20 min	<b>Less Is More</b> Express (Toning) 20 min	<b>Unlock and Unblock</b> Fusion (Yoga) 20 min	<b>Breathe Into It</b> Express (Toning) 20 min	<b>Heart Opener</b> Express (Toning) 20 min	<b>Roll With It</b> Express (Toning) 20 min	<b>REST</b>