

OCTOBER 2020

31-Day Get Flexible Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
				<ul style="list-style-type: none"> Strengthening Exercise 1 Evening Stretch 	<ul style="list-style-type: none"> Strengthening Exercise 1 Evening Stretch 	<ul style="list-style-type: none"> Strengthening Exercise 1 Evening Stretch
<ul style="list-style-type: none"> Strengthening Exercise 1 Evening Stretch 	<ul style="list-style-type: none"> Morning Stretches 1 Strength Exercises 2 Evening Stretch 	<ul style="list-style-type: none"> Morning Stretches 1 Strengthening Exercise 2 Evening Stretch 	<ul style="list-style-type: none"> Morning Stretches 1 Strengthening Exercise 2 Evening Stretch 	<ul style="list-style-type: none"> Morning Stretches 1 Strengthening Exercise 2 Evening Stretch 	<ul style="list-style-type: none"> Morning Stretches 1 Strengthening Exercise 2 Evening Stretch 	<ul style="list-style-type: none"> Morning Stretches 1 Strengthening Exercise 2 Evening Stretch
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WEEKLY GOALS

1. Drink water like a madman!!
2. Foam roll
3. Be patient with your body
4. Incorporate your stretches after your daily workouts regardless of time of day.
5. Pray and Foam roll 🙏