

# OCTOBER 2020 31-Day Adult Dancer Flexibility Challenge

	SUN	MON	TUE	WED	THU	FRI	SAT
					<ul style="list-style-type: none"> <li>• Strengthening Exercise 1</li> <li>• Evening Stretch</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthening Exercise 1</li> <li>• Evening Stretch</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthening Exercise 1</li> <li>• Evening Stretch</li> </ul>
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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 🙏