

danceinsight

# 21-Day Stretching Challenge

<b>1</b>	<input type="checkbox"/> Butterfly 20 seconds	<input type="checkbox"/> Pike 20 seconds	
<b>2</b>	<input type="checkbox"/> Frog 25 seconds	<input type="checkbox"/> Lunges 25 seconds each side	
<b>3</b>	<input type="checkbox"/> Straddle 30 seconds	<input type="checkbox"/> Leg Holds 30 seconds each leg	
<b>4</b>	<input type="checkbox"/> Butterfly 35 seconds	<input type="checkbox"/> Pike 35 seconds	
<b>5</b>	<input type="checkbox"/> Frog 40 seconds	<input type="checkbox"/> Lunges 40 seconds each side	
<b>6</b>	<input type="checkbox"/> Straddle 45 seconds	<input type="checkbox"/> Leg Holds 45 seconds each leg	
<b>7</b>	<input type="checkbox"/> Butterfly 50 seconds	<input type="checkbox"/> Pike 50 seconds	<input type="checkbox"/> Forced Arch 30 seconds
<b>8</b>	<input type="checkbox"/> Frog 55 seconds	<input type="checkbox"/> Lunges 55 seconds each side	<input type="checkbox"/> Second Plie 35 seconds
<b>9</b>	<input type="checkbox"/> Straddle 60 seconds	<input type="checkbox"/> Leg Holds 60 seconds each leg	<input type="checkbox"/> Calf Squat 40 seconds
<b>10</b>	<input type="checkbox"/> Butterfly 65 seconds	<input type="checkbox"/> Pike 65 seconds	<input type="checkbox"/> Forced Arch 45 seconds
<b>11</b>	<input type="checkbox"/> Frog 70 seconds	<input type="checkbox"/> Lunges 60 seconds each side	<input type="checkbox"/> Second Plie 45 seconds
<b>12</b>	<input type="checkbox"/> Straddle 75 seconds	<input type="checkbox"/> Battements 10 each leg	<input type="checkbox"/> Calf Squat 45 seconds
<b>13</b>	<input type="checkbox"/> Butterfly 80 seconds	<input type="checkbox"/> Pike 80 seconds	<input type="checkbox"/> Forced Arch 45 seconds
<b>14</b>	<input type="checkbox"/> Frog 85 seconds	<input type="checkbox"/> Splits 30 seconds each side	<input type="checkbox"/> Second Plie 50 seconds
<b>15</b>	<input type="checkbox"/> Straddle 90 seconds	<input type="checkbox"/> Battements 15 each leg	<input type="checkbox"/> Pigeon 30 seconds
<b>16</b>	<input type="checkbox"/> Butterfly 90 seconds	<input type="checkbox"/> Pike 90 seconds	<input type="checkbox"/> Straddle Opens 15 reps
<b>17</b>	<input type="checkbox"/> Frog 90 seconds	<input type="checkbox"/> Splits 45 seconds each side	<input type="checkbox"/> Second Plie 55 seconds
<b>18</b>	<input type="checkbox"/> Straddle 90 seconds	<input type="checkbox"/> Battements 20 each leg	<input type="checkbox"/> Pigeon 45 seconds
<b>19</b>	<input type="checkbox"/> Butterfly 90 seconds	<input type="checkbox"/> Pike 90 seconds	<input type="checkbox"/> Straddle Opens 20 reps
<b>20</b>	<input type="checkbox"/> Frog 90 seconds	<input type="checkbox"/> Splits 60 seconds each side	<input type="checkbox"/> Second Plie 60 seconds
<b>21</b>	<input type="checkbox"/> Straddle 90 seconds	<input type="checkbox"/> Battements 20 each leg	<input type="checkbox"/> Pigeon 60 seconds

The last three days of the challenge work well as an ongoing stretching routine.

