

IMPROVE YOUR FLEXIBILITY 4 WEEK PLAN



(Click on a routine and it will take you right to the video)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 Min Low Impact Cardio 15 Min Full Body Stretch	15 Min Legs & Booty 20 Min Lower Body Flexibility	15 Min Low Impact HIIT Tank Top Arms 15 Min Upper Body Flexibility	20 Min Killer Legs 20 Min Lower Body Flexibility	30 Min Low Impact Cardio 15 Min Full Body Stretch	YOU GET TO CHOOSE!	REST or Foam Roll
WEEK 2	30 Min Low Impact Cardio 15 Min Full Body Stretch	15 Min Legs & Booty 20 Min Lower Body Flexibility	15 Min Low Impact HIIT Tank Top Arms 15 Min Upper Body Flexibility	20 Min Killer Legs 20 Min Lower Body Flexibility	30 Min Low Impact Cardio 15 Min Full Body Stretch	YOU GET TO CHOOSE!	REST or Foam Roll
WEEK 3	30 Min Low Impact Cardio 15 Min Full Body Stretch	15 Min Legs & Booty 20 Min Lower Body Flexibility	15 Min Low Impact HIIT Tank Top Arms 15 Min Upper Body Flexibility	20 Min Killer Legs 20 Min Lower Body Flexibility	30 Min Low Impact Cardio 15 Min Full Body Stretch	YOU GET TO CHOOSE!	REST or Foam Roll
WEEK 4	30 Min Low Impact Cardio 15 Min Full Body Stretch	15 Min Legs & Booty 20 Min Lower Body Flexibility	15 Min Low Impact HIIT Tank Top Arms 15 Min Upper Body Flexibility	20 Min Killer Legs 20 Min Lower Body Flexibility	30 Min Low Impact Cardio 15 Min Full Body Stretch	YOU GET TO CHOOSE!	REST or Foam Roll