



## 7 Day Stretch Challenge



The goal of this 7-day stretch challenge is to help improve your flexibility, reduce your stress, and support your overall wellness. Certified personal trainers confirm that stretching is just as important as cardio and strength training, but it is often overlooked in individual fitness routines. This challenge will help you make stretching a regular part of your daily fitness routine.

Remember to breathe deeply and take your time with each stretch. Listen to your body, and don't push too hard. The exercises and information provided in this challenge are for informational purposes only and are not intended as a substitute for consultation with a medical professional. Listen to Your Body! While exercise can sometimes result in discomfort, you should never experience sharp or shooting pain in your muscles or with specific movements. If you do, stop immediately and consult a medical professional. Always pay attention to your body's signals, practice workout safety, and differentiate between "good" discomfort and harm.



### **Day 1: Upper Body Stretches**

1. **Shoulder Rolls:** Start with your feet flat and shoulder-width apart. Slowly roll your shoulders forward in a circular motion, then backward. Do this with both the left arm and right arm 10 times in each direction.
2. **Arm Circles:** Extend your arms out to the sides. Make small circles in a forward motion, gradually making them bigger. Reverse the direction after 30 seconds.
3. **Neck Tilts:** Gently tilt your head to one side, bringing your ear closer to your shoulder. Hold for 15 seconds and repeat on the other side.



### **Day 2: Lower Body Stretches**

1. **Quad Stretch:** Stand on one foot, holding onto a support if needed. Grab your opposite ankle and pull it towards your buttocks. Keep your knees together and hold for 20 seconds. Switch legs.
2. **Hamstring Stretch:** Sit with one leg extended and the other bent inward. Lean forward from your waist towards the extended foot. Hold for 20 seconds, then switch legs.
3. **Calf Raises:** Stand upright and push through the balls of your feet to raise your body upwards. Hold the peak position for a few seconds, then lower down. Repeat 15 times.



### **Day 3: Core Stretches**

1. **Cobra Pose:** Lie face down, palms under shoulders. Push through your hands, arching your back and looking upwards. Hold for 20 seconds.

2. **Seated Twist:** Sit with legs extended forward. Bend one knee and place the foot outside the opposite knee. Twist your torso towards the bent knee, holding for 15 seconds. Switch sides.
3. **Cat-Cow Stretch:** Begin on all fours. Arch your back while inhaling (Cat pose) and then dip it down while exhaling (Cow pose). Do this motion 10 times.

## 4

### Day 4: Full Body Stretches

1. **Standing Forward Bend:** Stand with feet hip-width apart. Bend forward from the waist, aiming to touch the ground or your toes. Hold for 20 seconds.
2. **Spinal Twist:** Lie on your back, arms extended out. Bend your knees, then drop them to one side while turning your head to the opposite side. Hold, then switch sides.
3. **Side Lunge Stretch:** Start with feet wide apart. Bend one knee in a lunge while keeping the other leg straight. Hold, feel the stretch on the inner thighs then switch sides.

## 5

### Day 5: Focused Flex

1. **Butterfly Stretch:** Sit down, bringing the soles of your feet together. Hold your feet and gently press your knees towards the ground.
2. **Wrist Flexors:** Extend one arm forward, palm up. With the other hand, gently press the fingers downward. Switch hands.
3. **Ankle Rotations:** Rotate your ankles in a circular motion, both clockwise and counterclockwise.



### Day 6: Dynamic Stretches

1. **Leg Swings:** Hold onto a support and swing one leg forward and backward. Switch legs after 15 swings.
2. **Arm Swings:** Stand with feet apart and swing arms up and down, like a pendulum.
3. **Hip Circles:** With hands on hips, rotate your hips in big circles, switching directions after a few rounds.

## 7

### Day 7: Relaxation and Reflection

1. **Child's Pose:** From all fours, sit back onto your heels, stretching your arms forward and resting your forehead on the ground.
2. **Deep Breathing:** Sit comfortably, taking deep breaths in and out, focusing on the rise and fall of your abdomen.
3. **Meditation:** Find a quiet space and reflect on the past week, acknowledging your achievements and setting intentions for the upcoming days.