



# DAILY STRETCHLIST



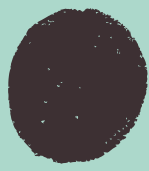
**STRADDLE STRETCH  
30 SEC.**



**PIKE STRETCH  
30 SEC.**



**SHORT SPLITS AND  
FULL SPLITS EACH LEG**



**CAT STRETCH 15 SEC.**



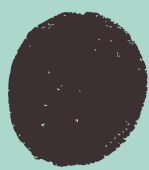
**SEAL STRETCH 15 SEC.**



**BUTTERFLY STRETCH  
20 SEC.**



**MIDDLE SPLITS 10  
SEC.**



**BRIDGE 20 SEC.**

