






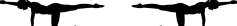

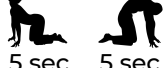












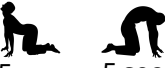


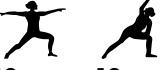






# stretch your body & belief

## MAY CHALLENGE

Complete this 30 day stretching challenge to help you focus on your belief and self-confidence. Complete with no distractions, technology or other interruptions. **BONUS:** Repeat your daily scripture verse(s) or pray while completing the movements.

<b>DAY 1</b>  5 sec 5 sec 5 sec Repeat 3 times	<b>DAY 2</b>  5 sec 5 sec Repeat 3 times (each side)	<b>DAY 3</b>  5 sec 5 sec Repeat 3 times	<b>DAY 4</b>  5 sec 5 sec Repeat 3 times	<b>DAY 5</b>  5 sec 5 sec 5 sec Repeat 3 times
<b>DAY 6</b>  5 sec 5 sec Repeat 3 times	<b>DAY 7</b>  5 sec 10 sec 5 sec Repeat 3 times	<b>DAY 8</b>  5 sec 5 sec Repeat 3 times	<b>DAY 9</b>  5 sec 3 sec 3 sec Repeat 3 times	<b>DAY 10</b>  5 sec 5 sec Repeat 3 times
<b>DAY 11</b>  5 sec 5 sec 5 sec Repeat 3 times	<b>DAY 12</b>  5 sec 5 sec Repeat 3 times (each side)	<b>DAY 13</b>  5 sec 5 sec Repeat 3 times	<b>DAY 14</b>  5 sec 10 sec 5 sec Repeat 3 times	<b>DAY 15</b>  5 sec 5 sec Repeat 3 times (each side)
<b>DAY 16</b>  5 sec 5 sec 5 sec Repeat 5 times	<b>DAY 17</b>  5 sec 5 sec Repeat 3 times (each side)	<b>DAY 18</b>  5 sec 5 sec Repeat 3 times (each side)	<b>DAY 19</b>  5 sec 5 sec Repeat 3 times (each side)	<b>DAY 20</b>  5 sec 5 sec 5 sec Repeat 3 times
<b>DAY 21</b>  5 sec 5 sec 10 sec Repeat 5 times	<b>DAY 22</b>  5 sec 5 sec Repeat 3 times	<b>DAY 23</b>  5 sec 5 sec Repeat 5 times	<b>DAY 24</b>  5 sec 5 sec 5 sec Repeat 3 times	<b>DAY 25</b>  10 sec 5 sec 5 sec Repeat 3 times
<b>DAY 26</b>  10 sec 10 sec Repeat 3 times (each side)	<b>DAY 27</b>  5 sec 10 sec 5 sec Repeat 5 times	<b>DAY 28</b>  10 sec 10 sec Repeat 3 times	<b>DAY 29</b>  5 sec 5 sec 5 sec Repeat 5 times	<b>DAY 30</b>  10 sec 10 sec Repeat 3 times (each side)