



10 days of
**STRETCH &
 FLEXIBILITY**
Challenge

MON 21 JUNE	TUE 22 JUNE	WED 23 JUNE	THU 24 JUNE	FRI 25 JUNE
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
SAT 26 JUNE	SUN 27 JUNE	MON 28 JUNE	TUE 29 JUNE	WED 30 JUNE
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10

1. Print off this calendar and hang it where you can see it.
2. Cross off your workouts each day as you complete them and enjoy the feeling of achievement!
3. Head to the Facebook Group and let me know how you went on the daily class check in post.
4. You can also share on your facebook or instagram for a chance to win giveaways!
 Remember to tag me at @epilatesonline and Hashtag #epochallenge so I can see your posts