

**1**  **Butterfly**  
*20 seconds*

 **Pike Against Wall**  
*20 seconds*

**2**  **Frog**  
*25 seconds*

 **Lunges**  
*25 seconds each side*

**3**  **Straddle**  
*30 seconds*

 **Leg Holds**  
*30 seconds each leg*

**4**  **Butterfly**  
*35 seconds*

 **Pike Against Wall**  
*35 seconds*

**5**  **Frog**  
*40 seconds*

 **Lunges**  
*40 seconds each side*

**6**  **Straddle**  
*45 seconds*

 **Leg Holds**  
*45 seconds each leg*

**7**  **Butterfly**  
*50 seconds*

 **Pike**  
*50 seconds*

 **Forced Arch**  
*30 seconds*

**8**  **Frog**  
*55 seconds*

 **Lunges**  
*55 seconds ea.*

 **Second**  
*35 seconds*

**9**  **Straddle**  
*60 seconds*

 **Leg Holds**  
*60 seconds ea.*

 **Calves**  
*40 seconds*

**10**  **Butterfly**  
*65 seconds*

 **Pike**  
*65 seconds*

 **Forced Arch**  
*45 seconds*

# Get Fit Flexibility

**IM Harris**



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