



30
day

SPLITS CHALLENGE

BY YOGA ROOM HAWAII

15 poses in 15 minutes
for a more flexible you



FOR BEST RESULTS

Practice the yoga poses below for 1 minute each.

For poses that require you to stretch one leg at a time, stretch each leg for 30 seconds. For folds where both legs are stretched simultaneously, stay in the pose for one full minute.

Happy stretching!

- *Yoga Room Hawaii*

30 days to

SPLITS CHALLENGE

Day 1	■	Day 11	■	Day 21	■
Day 2	■	Day 12	■	Day 22	■
Day 3	■	Day 13	■	Day 23	■
Day 4	■	Day 14	■	Day 24	■
Day 5	■	Day 15	■	Day 25	■
Day 6	■	Day 16	■	Day 26	■
Day 7	■	Day 17	■	Day 27	■
Day 8	■	Day 18	■	Day 28	■
Day 9	■	Day 19	■	Day 29	■
Day 10	■	Day 20	■	Day 30	■



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