

# UNBOUND

30-DAY STRETCHING

# UNBOUND

Day 1 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes side leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 2 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes arm circles



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

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Day 3 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes side leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 4 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes back leg raises  
60 seconds per leg



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 5 © [darebee.com](http://darebee.com)

**WARM UP**  
60 seconds bridges



1



2



3



4



5



6



Hold each stretch for 30 seconds then move on to the next one.

# UNBOUND

Day 6 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes chest expansions



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

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Day 7 [© darebee.com](https://darebee.com)

**WARM UP**  
**2 minutes** front leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# UNBOUND

Day 8 © [darebee.com](http://darebee.com)

**WARM UP**  
60 seconds hip rotations



1



2



3



4



5



6



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 9 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes side leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 10 [© darebee.com](http://darebee.com)

**WARM UP**  
2 minutes arm circles



Hold each stretch for 30 seconds then move on to the next one.

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Day 11 © [darebee.com](http://darebee.com)

**WARM UP**  
60 seconds bridges



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 12 [© darebee.com](http://darebee.com)

**WARM UP**  
2 minutes back leg raises  
60 seconds per leg



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 13 [© darebee.com](http://darebee.com)

**WARM UP**  
2 minutes side leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 14 © [darebee.com](http://darebee.com)

**WARM UP**  
60 seconds hip rotations



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 15 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes side leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# UNBOUND

Day 16 [© darebee.com](http://darebee.com)

## WARM UP

2 minutes chest expansions



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 17 © [darebee.com](http://darebee.com)

**WARM UP**  
**2 minutes** front leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 18 [© darebee.com](http://darebee.com)

**WARM UP**  
60 seconds bridges



Hold each stretch for 30 seconds then move on to the next one.

# UNBOUND

Day 19 © [darebee.com](http://darebee.com)

**WARM UP**  
60 seconds hip rotations



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 20 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes arm circles



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 21 [© darebee.com](http://darebee.com)

**WARM UP**  
2 minutes side leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 22 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes back leg raises  
60 seconds per leg



1



2



3



4



5



6



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 23 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes chest expansions



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# UNBOUND

Day 24 © [darebee.com](http://darebee.com)

**WARM UP**  
**2 minutes** front leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 25  [darebee.com](http://darebee.com)

**WARM UP**  
60 seconds hip rotations



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 26 © [darebee.com](http://darebee.com)

**WARM UP**  
60 seconds bridges



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 27 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes side leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 28 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes back leg raises  
60 seconds per leg



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 29 © [darebee.com](http://darebee.com)

**WARM UP**  
2 minutes arm circles



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# UNBOUND

Day 30 [© darebee.com](http://darebee.com)

**WARM UP**  
2 minutes side leg raises  
60 seconds per side



Hold each stretch for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.