

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

**SA Adler**



**Get Fit Flexibility:**

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