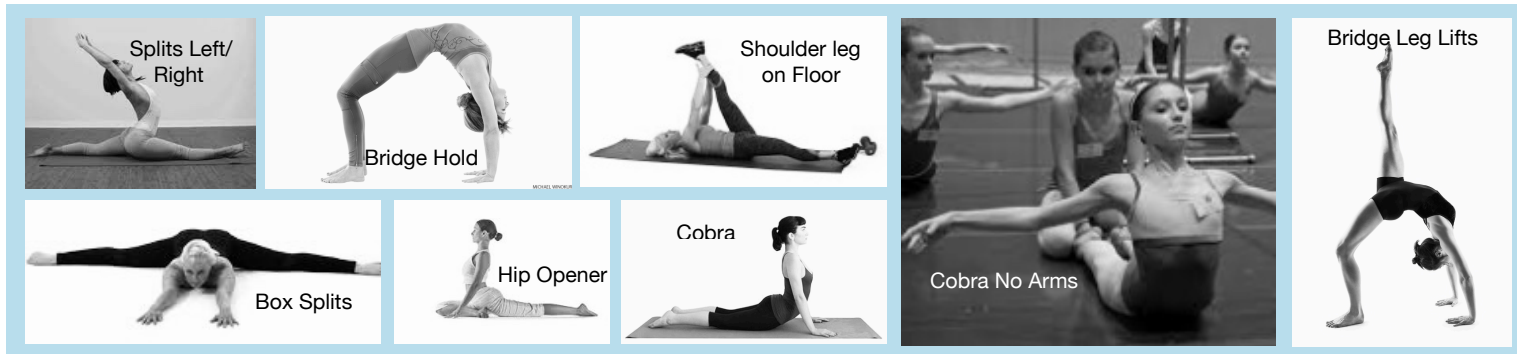


#BendyBodyBuilder

Exercise	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Splits Left	1 minute							
Splits Right	1 minute							
Box Splits	1 minute							
Cobra	1 minute							
Cobra No Arms	30 Seconds							
Hip Opener	1 minute							
Shoulder Leg on Floor	1 minute							
Bridge Hold	2 minutes							
Bridge Leg Lifts	2 minutes							



#BendyBodyBuilder

Exercise	Duration												
Push ups	5 x 3 reps												
Forearm plank	2 minutes												
Super man lifts	10 x 2 reps												
V-sits	1 minute												
V-snaps	10 x 2 reps												
Wall sits	2 minutes												
Tuck jumps	10 x 3 reps												
Calf raises	20 parallel, in first, one leg												

