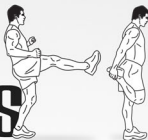


# Touch Your Toes



**IN 30 DAYS** CHALLENGE

[@ darebee.com](http://darebee.com)

1 30sec leg swings 30sec quad stretch 10sec toe reach	2 30sec leg swings 30sec quad stretch 10sec toe reach	3 30sec leg swings 30sec quad stretch 10sec toe reach	4 40sec leg swings 40sec quad stretch 15sec toe reach	5 40sec leg swings 40sec quad stretch 15sec toe reach
6 40sec leg swings 40sec quad stretch 15sec toe reach	7 60sec leg swings 60sec quad stretch 20sec toe reach	8 60sec leg swings 60sec quad stretch 20sec toe reach	9 60sec leg swings 60sec quad stretch 20sec toe reach	10 60sec leg swings 60sec quad stretch 25sec toe reach
11 60sec leg swings 60sec quad stretch 25sec toe reach	12 60sec leg swings 60sec quad stretch 25sec toe reach	13 60sec leg swings 60sec quad stretch 30sec toe reach	14 60sec leg swings 60sec quad stretch 30sec toe reach	15 60sec leg swings 60sec quad stretch 30sec toe reach
16 60sec leg swings 60sec quad stretch 35sec toe reach	17 60sec leg swings 60sec quad stretch 35sec toe reach	18 60sec leg swings 60sec quad stretch 35sec toe reach	19 60sec leg swings 60sec quad stretch 40sec toe reach	20 60sec leg swings 60sec quad stretch 40sec toe reach
21 60sec leg swings 60sec quad stretch 40sec toe reach	22 60sec leg swings 60sec quad stretch 45sec toe reach	23 60sec leg swings 60sec quad stretch 45sec toe reach	24 60sec leg swings 60sec quad stretch 45sec toe reach	25 60sec leg swings 60sec quad stretch 50sec toe reach
26 60sec leg swings 60sec quad stretch 50sec toe reach	27 60sec leg swings 60sec quad stretch 50sec toe reach	28 60sec leg swings 60sec quad stretch 60sec toe reach	29 60sec leg swings 60sec quad stretch 60sec toe reach	30 60sec leg swings 60sec quad stretch 60sec toe reach