

# DAY 4

Exercise Name	Date:		
	Sets	Reps	Lbs
Standing Quad Stretch – each side	2	30 second hold each side	
Forward Fold Hamstring Stretch	2	30 second hold	
Runners Lunge Hip Stretch	2	30 second hold each side	
Sumo Squat Hold / Goddess Pose	2	30 second hold	
Downward Facing Dog	2	30 second hold	
Upward Facing Dog OR Cobra Pose	2	30 second hold	
Low Pigeon Pose or Figure 4 Stretch	2	30 second hold each side	
<b>Instructions:</b>  This workout is designed to help stretch and lengthen your muscles after the intense week of higher impact exercises. Go through each exercise once holding for 30 seconds (hold 30 seconds on each side for unilateral movements) and repeat for a total of two times through. You can opt for our Recover and Flow yoga sequence instead!			

## Bonus Challenge Day 4 – Sleep Your Way to Success

This is a habit many people neglect, assuming it's not important. But sleep is much more than just not feeling tired the next day. Sleep is absolutely essential for your health and wellbeing. It is needed to reduce stress, feel energized, have proper focus and concentration, manage your weight and physical health, keep your cardiovascular health in check, and so much more. Your body performs so many restorative functions during sleep, like cell autophagy (getting rid of old cells) and regenerating new cells. If you can only start one habit, it should be a better sleep routine, so you are getting better quality sleep. Turn off all electronics at least 30 minutes before bed and create a sleep