

Posechart Book

Welcome to the Hip Opening Challenge

Day 01

Pigeon



Hip Opening Challenge

YB | PRACTICE IS EVERYTHING

Day 01

Butterfly



Hip Opening Challenge

Day 02

Blaster



Hip Opening Challenge

Day 02

Passive Squat



Hip Opening Challenge

Day 03

Happy Baby



Hip Opening Challenge

Day 03

Thread the Needle (supine)



Hip Opening Challenge

Day 04

Frog



Hip Opening Challenge

Day 04

Jackknife Blaster



Hip Opening Challenge

Day 05

Lightning Bolt



Hip Opening Challenge

Day 05

Scissors Stretch



Hip Opening Challenge

Day 06

Zorro



Hip Opening Challenge

Day 06

Supine Butterfly



Hip Opening Challenge

Day 07

Thread the Needle @ Wall



Hip Opening Challenge

Day 07

Prone Butterfly



Hip Opening Challenge

Day 08

Ninja Squats



Hip Opening Challenge

Day 08

Chair Scissors



Hip Opening Challenge

Day 08

Lateral Chain Stretch



Hip Opening Challenge

Day 09

Psoas Blaster (chair)



Hip Opening Challenge

Day 09

Reclined Scissors



Hip Opening Challenge

Day 10

Blaster Twist



Hip Opening Challenge

Day 10

Squat Twist



Hip Opening Challenge

Day 11

Double Pigeon



Hip Opening Challenge

Day 11

Bound Butterfly



Hip Opening Challenge

Day 12

Eagle Fold



Hip Opening Challenge

Day 12

Cross-Thread



Hip Opening Challenge

Day 13

Swiss Army Knife



Hip Opening Challenge

Day 13

Saddle



Hip Opening Challenge

Day 14

Butterfly Squat



Hip Opening Challenge

Day 14

Half Lightning Bolt



Hip Opening Challenge

Day 15

Fallen Blaster



Hip Opening Challenge

Day 15

A-Baby



Hip Opening Challenge

Day 16

Standing Psoas



Hip Opening Challenge

Day 16

Standing Pigeon



Hip Opening Challenge

Day 17

Marichi B



Hip Opening Challenge

Day 17

Long Butterfly



Hip Opening Challenge

Day 18

Eagle Legs



Hip Opening Challenge

Day 18

Chair Squat



Hip Opening Challenge

Day 19

Twisted Pigeon



Hip Opening Challenge

Day 19

Bound Baby



Hip Opening Challenge

Day 20

Seated Pigeon



Hip Opening Challenge

Day 20

Railroad Squat



Hip Opening Challenge

Day 21

Thunderbolt



Hip Opening Challenge

Day 21

Prayer Squat



Hip Opening Challenge

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