

A 14-DAY FLEXIBILITY PLAN

14 days · 14 sessions · 12 to 25 minutes · tick each box when done

WEEK 1

Warm up, then one area a day: hamstrings, hip flexors, shoulders and chest, the spine and the inner thighs, ending with a longer hip session.

☐ Day 1 15 min Warm up and check in	Warm-up routine · Cat-Cow · Downward-Facing Dog · Seated Forward Bend · Corpse Pose	Note how Seated forward bend feels today, without forcing it.
☐ Day 2 15 min Hamstrings	Hamstring stretches · Downward-Facing Dog · Pyramid Pose · Reclined Hand to Big Toe Pose	Keep a micro-bend in the knee and hinge from the hips.
☐ Day 3 15 min Hip flexors	Hip flexor stretches · Low Lunge · Crescent Lunge · Bridge Pose · Supine Twist	Tuck the tailbone slightly in Low lunge before you move forward.
☐ Day 4 15 min Shoulders and chest	Shoulder stretches · Chest stretches · Puppy Pose · Cow Face Pose · Child's Pose	Keep the ribs soft and the shoulders away from the ears.
☐ Day 5 15 min Spine	Cat-Cow · Thoracic spine drills · Sphinx Pose · Seated Twist · Supine Twist	Twist from the middle of the back, not the neck.
☐ Day 6 15 min Inner thighs	Inner thigh stretches · Butterfly Pose · Wide Legged Forward Bend · Happy Baby Pose · Reclined Butterfly	Support the knees with cushions in Butterfly and Reclined butterfly.
☐ Day 7 25 min Longer, slower	Hip-opening sequence · Legs Up the Wall	Hold the floor poses for one to two minutes each, with props.

WEEK 2

The outer hips, calves and ankles, quads and the side body, then the hamstrings again, a full body routine and a final check on day 14.

☐ Day 8 15 min Outer hips and glutes	Glute stretches · Piriformis stretch · Pigeon Pose · Supine Twist	Use a figure four on your back instead of Pigeon if the knee complains.
☐ Day 9 12 min Calves and ankles	Calf stretches · Ankle stretches · Downward-Facing Dog · Garland Pose · Child's Pose	Pedal the heels slowly in Downward dog.
☐ Day 10 15 min Quads	Quad stretches · Low Lunge · Sphinx Pose · Bridge Pose · Corpse Pose	Pad the back knee and hold a wall for balance when standing.
☐ Day 11 15 min Side body and twists	Gate Pose · Triangle Pose · Extended Side Angle · Seated Twist · Supine Twist	Reach long before you bend sideways.
☐ Day 12 20 min Hamstrings again	Hamstring stretches · Standing Forward Bend · Head to Knee Pose · Seated Forward Bend · Reclined Hand to Big Toe Pose	Sit on a folded blanket so the pelvis can tip forward.
☐ Day 13 15 min Full body	Full body stretch routine	Follow the routine from head to toe at an easy pace.
☐ Day 14 25 min Final check in	Flexibility routine · Seated Forward Bend · Corpse Pose	Repeat the day 1 check and compare how it feels, not how it looks.