s no.	Exercise / date	01-Oct	02-Oct	03-Oct	04-Oct	05-Oct	06-Oct	07-Oct	08-Oct	09-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
1	Cobra																															
2	Cat & cow																															
3	side stretch																															
4	forward bend																															
5	skipping																															
6	jumping jacks																															
7	trikonasana																															
8	camel																															
9	tree pose																															
10	downward dog																															
11	paschimottasana																															
12	lifting on toes																															
13	hip flexor stretch																															
14	wall angels																															
15	calf stretch																															
16	leg raises																															
17	bridge																															
18	superman																															
19	tadasana																															
20	neck stretch																															
21	chin tucks																															
22	rotations																															
23	over & in																															
24	hamstring (sherlyn kim)																															
25	min 5 (artemis)																															
26	frog stretch (emi wong)																															
27	pigeon																															
28	hanging																															
29	lying quad stretch																															
30	butterfly																															
31	cycling																															