

# Shred 2.0

## 28 Day Weight Loss Program



**Childs Pose**



**Cobra**



**Tricep Stretch**



**Downward Dog**



**Sad Cat**

**BODYBIBLE**

# Shred 2.0

## 28 Day Weight Loss Program



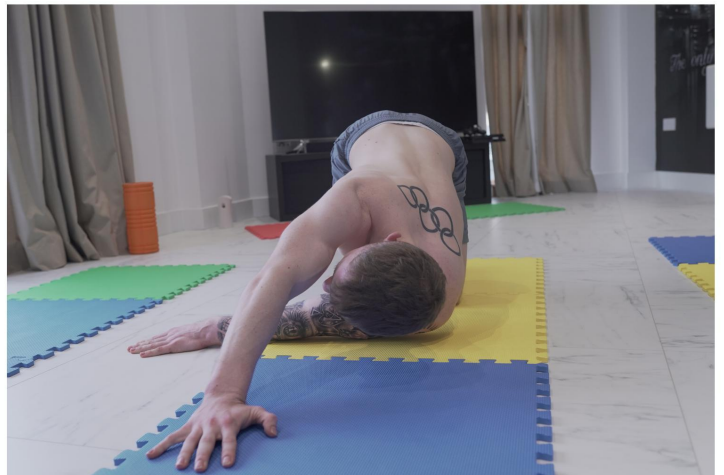
**Happy Cat**



**Cross Unders**



**Straddle Fold**



**Cross Unders**



**Straddle Fold Side**





**BODYBIBLE**

# Shred 2.0

## 28 Day Weight Loss Program



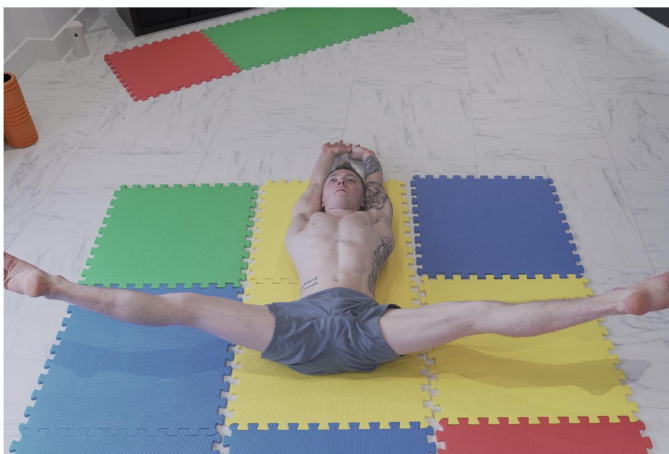
**Pike Fold**



**Feet Over Head**



**Trunk Twist Knee Across**



**Laying Straddle Hang**



**Shoulder Splits**

# Shred 2.0

## 28 Day Weight Loss Program



**Single Leg Box Split**



**Front Leg Split**



**D Stretch**



**Front Leg Split**