



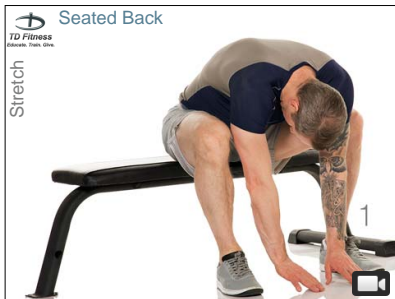
- Torso Twist**
Abs
- 1 - Stand upright facing front with your arms extended out to the sides at shoulder height.
 - 2 - Twist your torso to one side, turning your head and shoulders.
- Twist back to the opposite side, allowing your hips to move.
 - Alternate sides with each rep.



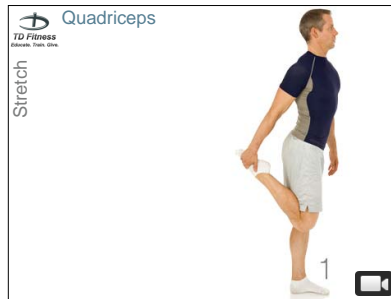
- Shoulders**
Stretch
- 1 - Stand upright with one arm at shoulder height, bent across the front of your neck.
 - 2 - Place your other hand on the elbow of the bent arm and gently pull this arm straight across your body.
- Perform on one side, then switch to the other side. Alternate sides with each rep.



- Triceps**
Stretch
- 1 - Stand or sit upright with one arm behind your head, bent at the elbow and the other hand on this bent elbow.
 - 2 - Gently pull the arm across and down, lowering your hand to touch your upper back.
- Perform on one side, then switch to the other side. Alternate sides with each rep.



- Seated Back**
Stretch
- 1 - Sit upright in a chair.
 - 1 - Bend over at the waist, lowering your head and hands towards the floor, rounding your back.



- Quadriceps**
Stretch
- 1 - Stand upright on one leg, bending the other knee and bringing your heel to your buttocks.
 - 1 - Grasp your foot with one hand and gently pull it further towards your buttocks for a deeper stretch.
- Hold onto something stable to maintain your balance if necessary.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.



- Hamstrings**
Stretch
- 1 - Sit upright on a bench with one leg straight out, the other leg hanging off the side and your arms straight out in front.
 - 2 - Reach forward towards your toes with your hands, keeping your top leg and arms straight.
- Perform on one side, then switch to the other side. Alternate sides with each rep.



- Calves**
Stretch
- 1 - Stand upright with your toes of one foot on a step or elevated against a wall or block.
 - 1 - Lean your weight forward, dropping your heel and pushing into your foot.
- Perform on one side, then switch to the other side. Alternate sides with each rep.



- Calves**
Stretch
- 1 - Stand upright with your feet split front to back, both knees slightly bent and your hands on the wall or solid support in front.
 - 1 - Lean your weight into your back heel, keeping both feet flat and push into the wall.
- Perform on one side, then switch to the other side. Alternate sides with each rep.



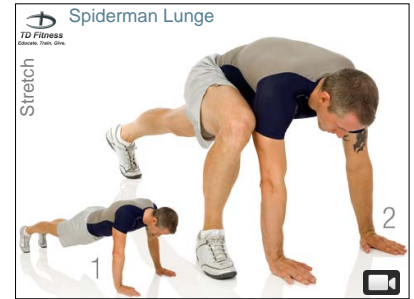
- Adductors**
Stretch
- 1 - Start in a semi-squat position with your feet wide apart and your hands or elbows on your knees.
 - 2 - Squat lower, sending your hips back and down and slowly pushing your knees outward with your elbows.



- Kneeling Chest**
- 1 - Kneel upright with your hands at the sides of head.
 - 2 - Lean backwards, pushing your elbows back as far as you can while keeping your hands at the sides of your head.
- Hold for a few seconds, then return upright.



- Hip Flexors**
- 1 - Place one knee on the floor and step forward with the other foot into a lunge.
 - 2 - Lean your weight forward into your front foot, lowering the hip of the back leg toward the floor.
- Keep the front foot flat throughout.
 - Perform on one side, then switch to the other side. Alternate sides with each rep.



- Spiderman Lunge**
- 1 - Start in the top position of a push up with your arms straight.
 - 2 - Step one foot forward to your hand, bending at the knee.
- Perform on one side, then switch to the other side. Alternate sides with each rep.



- Cobra Pose**
- 1 - Lie face down with your legs straight, and the tops of your feet on the mat, your hands directly below your shoulders and your elbows pointing back.
 - 2 - Push up to a straight arm position, pulling your shoulders back, keeping your legs on the mat.
- Look straight forward.



- Cobra Neck Roll**
- 1 - Push up to a near straight arm position, pulling your shoulders back, keeping your legs on the mat.
 - 2 - Slowly lower your head down and then roll up to one side.
 - 3 - Roll back down to the middle then up to the other side.
- Remain in the upright position and roll back and forth for required reps.



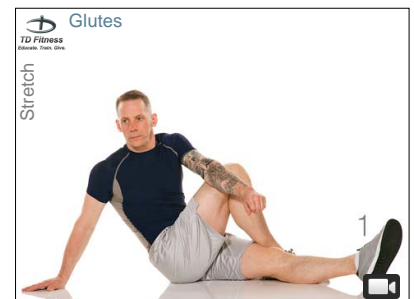
- Child**
- 1 - Start on all fours and sit your hips down onto the backs of your legs.
 - 2 - Lower your torso onto your upper thighs and your head to the floor.
- Bring your arms straight overhead with palms down.



- Adductors**
- 1 - Sit upright with your knees bent and feet flat.
 - 2 - Draw your heels in together in front, holding your ankles.
- 1 - Draw your heels in together in front, holding your ankles.
 - 2 - Place your elbows on the inside of your knees and gently push your knees out and down.



- Glutes**
- 1 - Sit on the floor with one leg out in front, bent at the knee and the other leg straight out behind with your hands on the floor beside your front leg.
- 1 - Lean your upper body forward, gently pushing your hip into floor.
- Perform on one side, then switch to the other side. Alternate sides with each rep.



- Glutes**
- 1 - Sit on the floor with one leg straight and the other bent with your foot crossed over to the outside of the straight leg.
 - 2 - Place your opposite elbow on the outside of the bent knee, turning your torso.
- 1 - Gently pull your knee across your body with your elbow as you look to the other side.
- Perform on one side, then switch to the other side. Alternate sides with each rep.



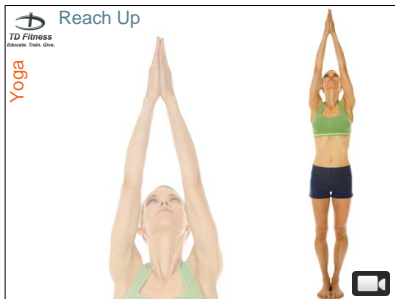
- Glutes**
- 1 - Lie on your back with one foot flat on the floor, knee bent and the ankle of the opposite leg on the bent knee.
 - 2 - Clasp your hands behind the thigh of the leg on the floor and gently pull the bent knee toward your chest.
- Perform on one side, then switch to the other side. Alternate sides with each rep.



- Reclined Twist**
- 1 - Lie on your back with your legs straight and arms stretched out to the sides.
 - 2 - Bring one knee into your chest and lower it down to the opposite side, placing your hand on this bent knee to help ease the leg to the floor, keep the other leg straight.
 - 3 - Turn your head to the opposite side and look towards the fingers of your outstretched arm.
- Perform on one side, holding for 3 breaths, then switch to the other side.



- Back**
- 1 - Lie on your back with your feet up and your knees bent at 90 degrees holding behind your knees.
 - 2 - Gently pull your knees to your chest, allowing your lower back to round slightly.



- Reach Up**
- 1 - Raise your hands together above your head and look straight up.
 - 2 - Keep your shoulders from lifting and your ribs from jutting out. Hug your elbows towards the midline.
- Hold for 1 breath.