

STRETCHES

Get into a healthy habit of stretching after every workout. Regular stretching improves your flexibility, reduces tightness, helps you achieve comfortable muscle tone and makes your workouts more efficient and safe. Don't rush this part of your workout and enjoy the knowledge that your body is getting exactly what it needs. Love yourself!



SHOULDER STRETCH
alternate left & right



TRICEP STRETCH
alternate left & right



FORWARD BEND



CHILD'S POSE



PIGEON POSE
alternate left & right



GLUTE STRETCH
alternate left & right



CAT POSE



COW POSE



COBRA POSE



HAMSTRING STRETCH



BACK TWIST
alternate left & right



SAMSON STRETCH
alternate left & right



WINDMILL
alternate left & right