

child's pose



30 sec

ab stretch



30 sec

cat back stretch



30 sec + 30 sec

butterfly stretch



30 sec

hamstring stretch



30 sec 30 sec

glute stretch



30 sec + 30 sec

standing forward bend



30 sec

quad stretch



30 sec + 30 sec

calf stretch



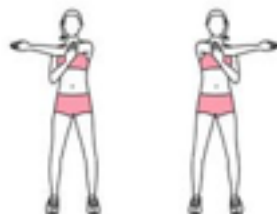
30 sec + 30 sec

neck stretch



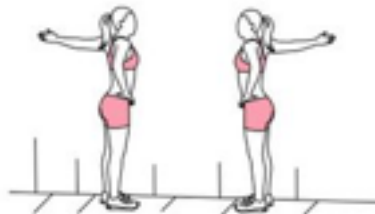
30 sec + 30 sec

shoulder stretch



30 sec + 30 sec

chest stretch



30 sec + 30 sec