

MONTH 1

COOL DOWN

- :20sec Childs Pose w/ Reach to Each Side**
- 10 Alternating Scorpion Stretch**
- :20sec Deep Lunge w/ Side Reach (each side)**
- :20sec Kneeling Quad Stretch w/ Reach (each side)**
- :20sec Pigeon Stretch (each side)**
- :15sec Kneeling Lateral Lunge with Rock (each side)**
- :15 Crossbody Back Stretch (each side)**
- :15sec Chest Stretch (each side)**
- :15sec Tricep Stretch (each side)**
- :15sec Hanging Stretch**
- :15sec Side Body Stretch (each side)**