

MONTH 1

# COOL DOWN

- :20sec Child's Pose**
- :20sec Downward Dog w/ Pedal**
- :15sec Seated Hamstring Stretch, each side**
- :15sec Seated Figure 4 Stretch, each side**
- :20sec Lunge Stretch with Side Reach, each side**
- :10sec Chest Stretch**
- :10sec Across The Body Stretch, each side**
- :10sec Tricep Stretch, each side**