

Tree pose



**** Balance for 10 seconds on each leg! ****

Abdominal stretch

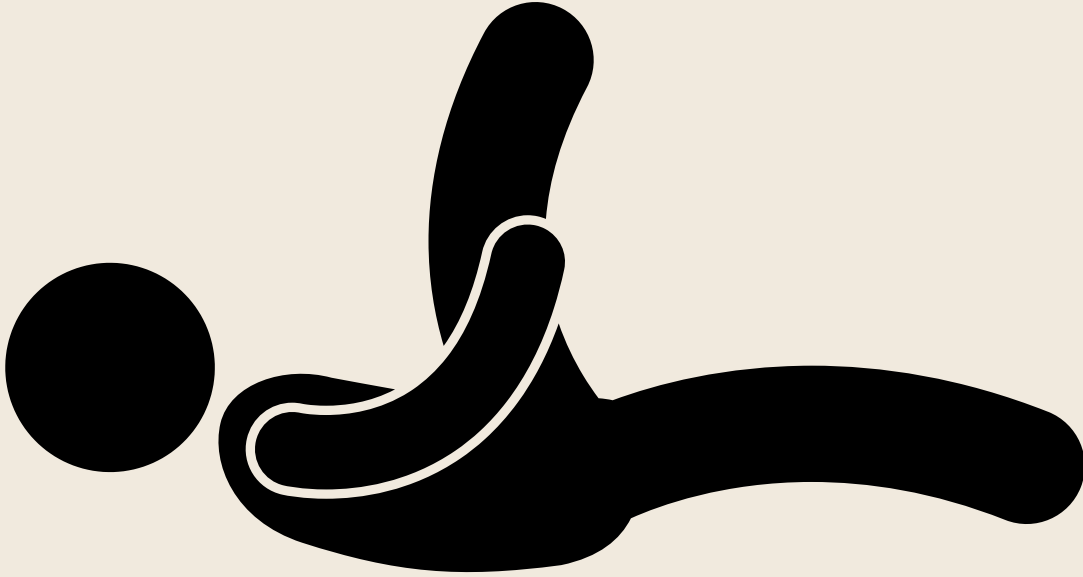
(Your stomach/waist area)



****Hold for 15 seconds!****

Hamstring stretch

(Back of your thigh)



OR



****Hold for 15 seconds on each side!****

Side abdominal stretch

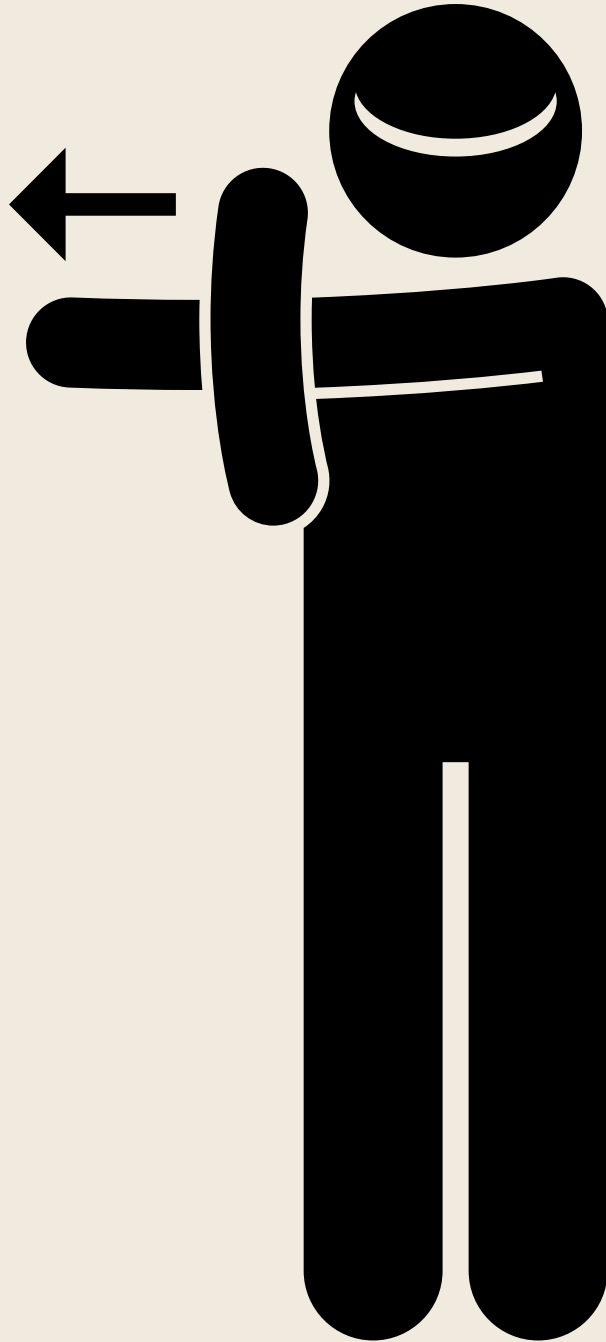
(Outside of your torso)



****Hold for 15 seconds on each side!****

Shoulder stretch

(Outside of the upper arm)



****Hold for 15 seconds on each side!****

Groin stretch

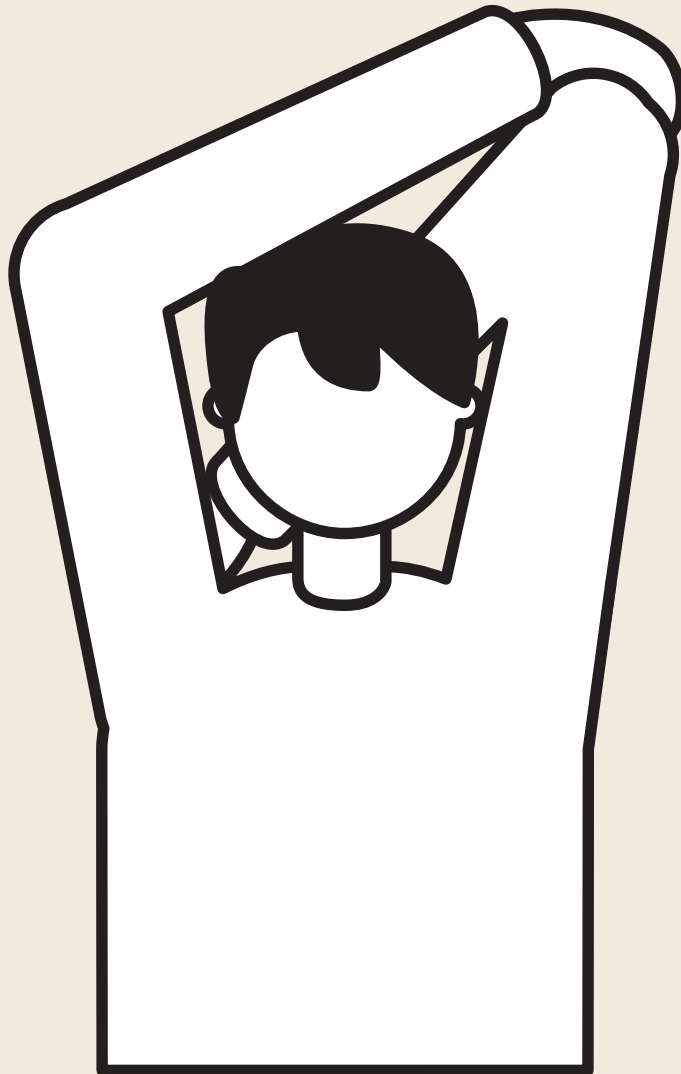
(Your inner thigh)



****Hold for 15 seconds!****

Tricep stretch

(Back of your arm, above the elbow)



****Hold for 15 seconds on each side!****

Quadricep stretch

(front of your thigh)



****Hold for 15 seconds on each side!****

Hip flexor stretch

(front of your hips)



****Hold for 15 seconds on each side!****