

Compiled for Workout Beginners

Author video (explanations, variants) in <https://www.youtube.com/watch?v=PQu2IzSMIXI> by [VAHVA Fitness](#).

30 secs each = 14x 30secs. Consider 10 secs interval, 10 min in total

1. Figure 4 stretch supine



2. Lunge stretch with rotation



3. Kneeling quad stretch



4. Standing Cross Leg Hamstring Stretch



5. Toe touches



6. Wide leg forward bend



7. Standing Straddle Hamstring stretch



8. Butterfly stretches



9. Frog stretches



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