

STRETCHING

This is a guide: do all the exercises, pick a few exercises to do, play with holds/ reps, modify an exercise, replace a certain exercise. Have fun with it!

<https://www.youtube.com/watch?v=nvQLmSfssw>

Exercise	Breaths/reps	Link
Happy baby pose	10 deep breaths	https://www.yogabasics.com/asana/joyful-baby/
Lying Glute Stretch	30 seconds per side	www.bodyweightwarrior.co.uk/blog/15-min-beginner-flexibility-routine
Plow pose	10 deep breaths	https://www.yogabasics.com/asana/plow/
Low Lunge Stretch	30 seconds per side	www.bodyweightwarrior.co.uk/blog/15-min-beginner-flexibility-routine
Twisting Lunge Stretch	30 seconds	www.bodyweightwarrior.co.uk/blog/15-min-beginner-flexibility-routine
Lateral Neck Stretch	30 seconds per side	www.bodyweightwarrior.co.uk/blog/15-min-beginner-flexibility-routine
Rotate and Reach	5 reps per side	https://youtu.be/nvQLmSfssw?t=14
Squat To Pike	5 reps + 20 seconds	www.bodyweightwarrior.co.uk/blog/15-min-beginner-flexibility-routine
Arm towel stretch	5-10 reps	https://youtu.be/TSIbzfcnv_8?t=185
Over-And-Backs	5-10 reps	https://youtu.be/RqcOCBb4arc?t=130
Wall slides	10 reps	https://youtu.be/nvQLmSfssw?t=40

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