

# 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=nvlQLmSfssw>

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

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