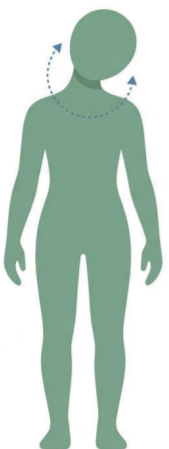
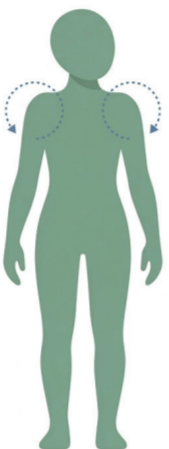
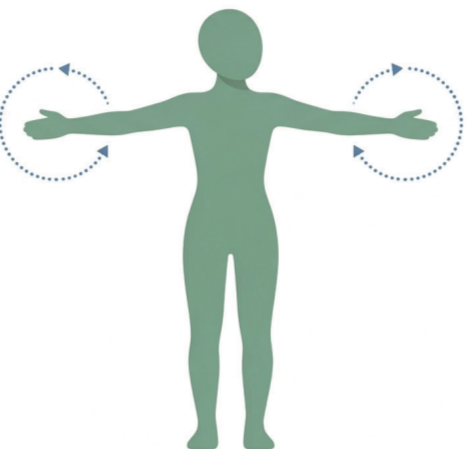



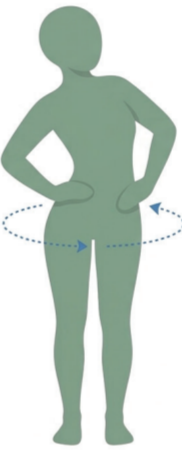



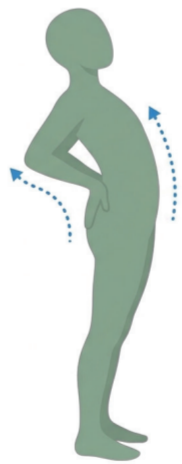
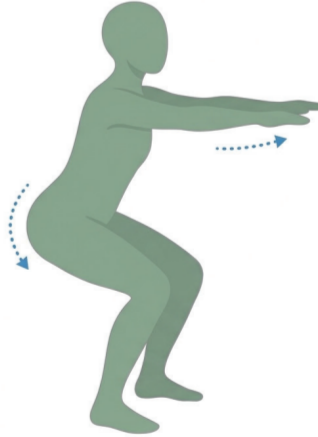


# MORNING MOBILITY

WAKE UP YOUR BODY WITH GENTLE MOVEMENT




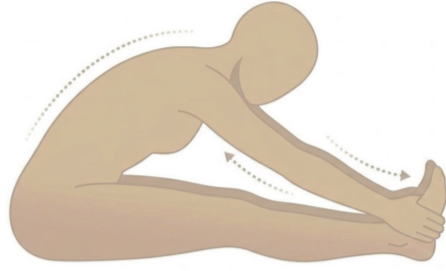
			
<b>NECK ROLLS</b> 10 reps ● ● ●	<b>SHOULDER ROLLS</b> 12 reps ● ● ●	<b>ARM CIRCLES</b> 10 reps / ea dir. ● ● ●	<b>STANDING SIDE STRETCH</b> 20 reps / ea ● ● ●


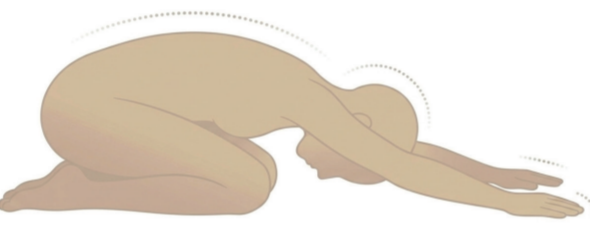


			
<b>CAT COW</b> 10 reps ● ● ●	<b>SPINAL TWIST</b> 10 reps / ea ● ● ●	<b>HIP CIRCLES</b> 10 reps / ea dir. ● ● ●	<b>FORWARD FOLD</b> 20 sec ● ● ●


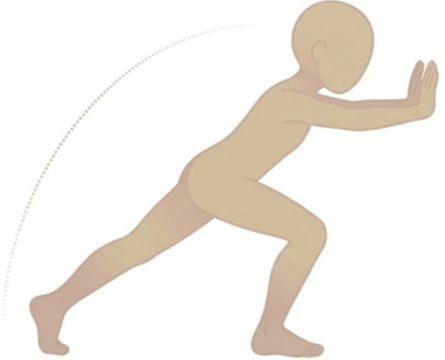
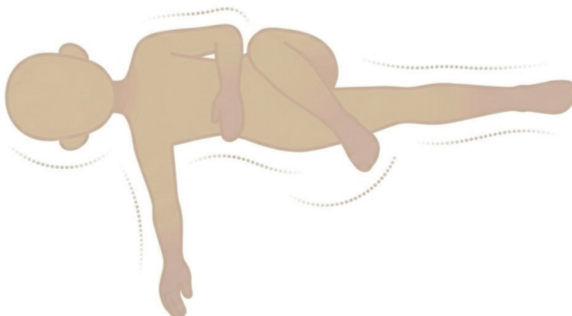
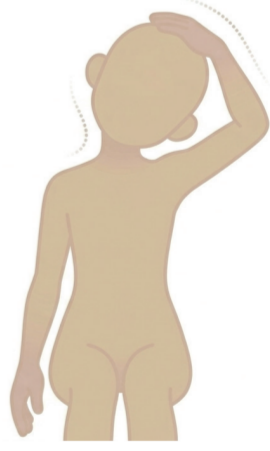
			
<b>KNEE TO CHEST</b> 10 reps / ea ● ● ●	<b>ANKLE ROLLS</b> 10 reps / ea dir. ● ● ●	<b>STANDING BACK EXTENSION</b> 10 reps ● ● ●	<b>GENTLE SQUATS</b> 12 reps ● ● ●

# MOVE & STRETCH

RELEASE TENSION AND RESTORE FLEXIBILITY



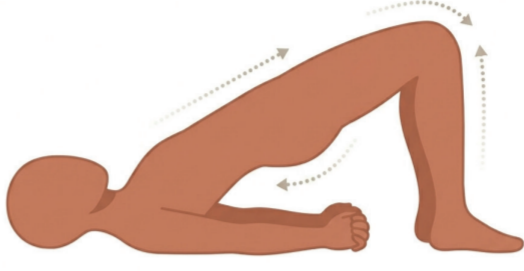
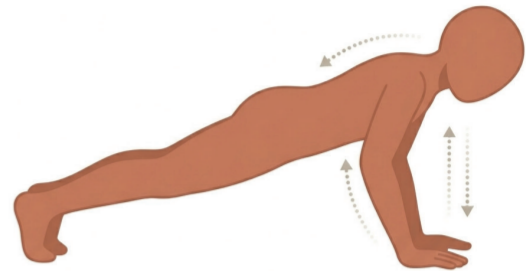
			
<b>HAMSTRING STRETCH</b> 25 sec ● ● ●	<b>QUAD STRETCH</b> 20 sec / el ● ● ●	<b>CHEST OPENER</b> 20 sec ● ● ●	<b>SEATED FORWARD FOLD</b> 25 sec ● ● ●

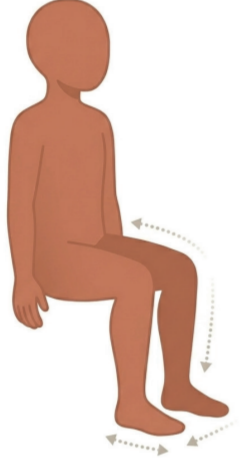

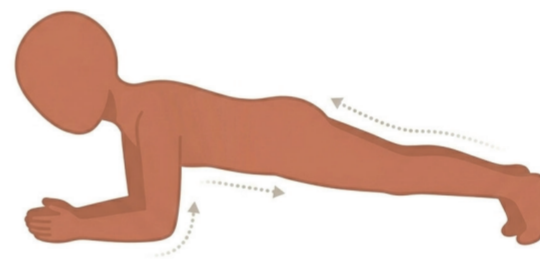
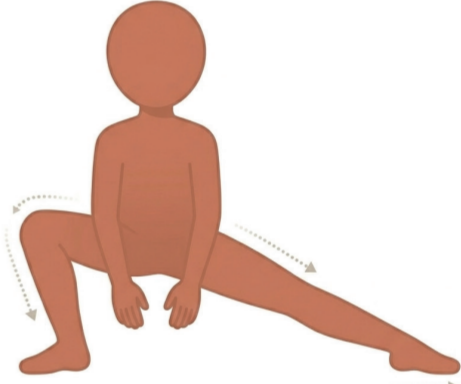
			
<b>BUTTERFLY STRETCH</b> 25 sec ● ● ●	<b>CHILD'S POSE</b> 30 sec ● ● ●	<b>FIGURE FOUR STRETCH</b> 20 sec / ea ● ● ●	<b>STANDING SIDE BEND</b> 20 sec ● ● ●

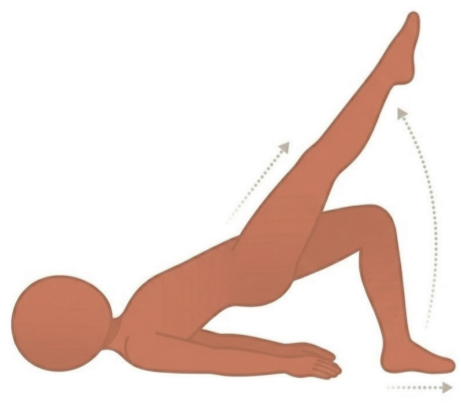
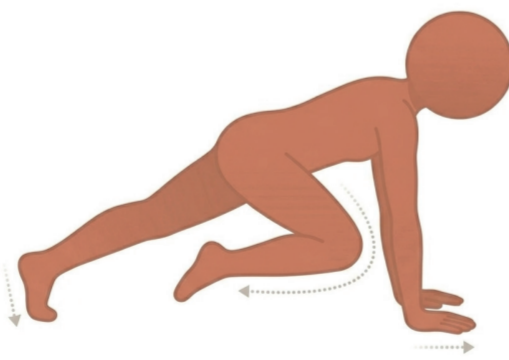
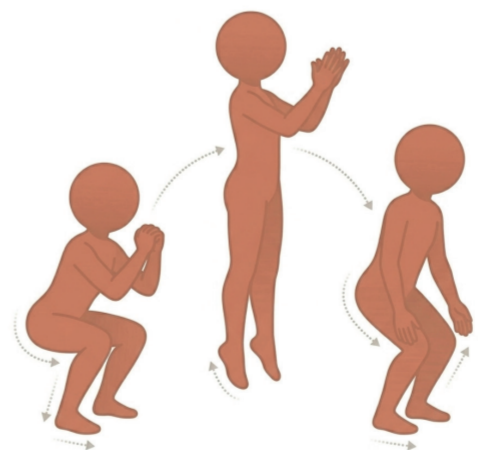
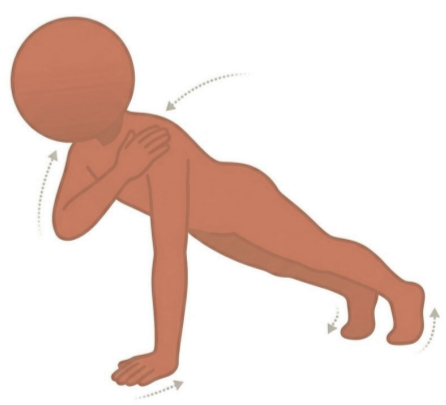
			
<b>TRICEPS STRETCH</b> 20 sec / ea ● ● ●	<b>CALF STRETCH</b> 20 sec / el ● ● ●	<b>SPINAL TWIST STRETCH</b> 25 sec ● ● ●	<b>NECK SIDE STRETCH</b> 15 sec / ea ● ● ●

# STRENGTH AT HOME

BUILD STRENGTH USING ONLY YOUR BODY


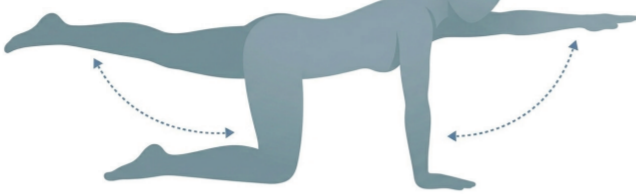
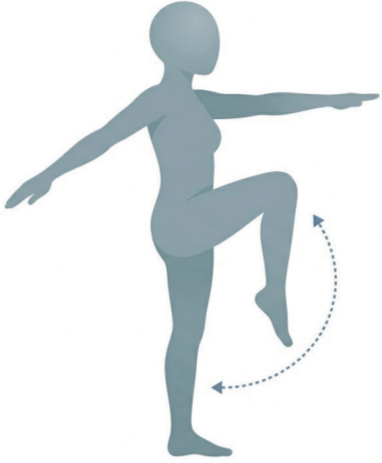

			
<b>SQUATS</b> 12 reps <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>	<b>REVERSE LUNGES</b> 10 reps / el <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>	<b>GLUTE BRIDGE</b> 12 reps <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>	<b>PUSH UPS</b> 10 reps <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: grey;">●</span>



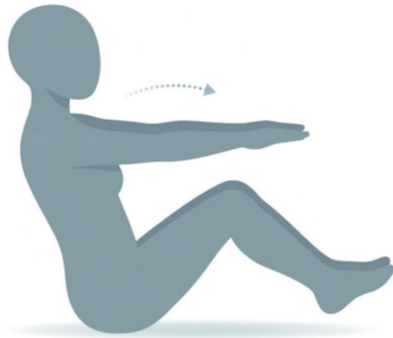

			
<b>WALL SIT</b> 30 sec <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>	<b>STEP BACK LUNGES</b> 10 reps / el <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>	<b>PLANK</b> 30 sec <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>	<b>SIDE LUNGES</b> 10 reps / ea <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: grey;">●</span>




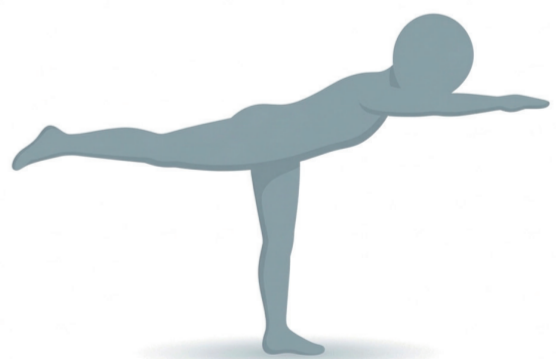
			
<b>SINGLE LEG GLUTE BRIDGE</b> 10 reps / ea <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: grey;">●</span>	<b>MOUNTAIN CLIMBERS</b> 10 repts / el <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: grey;">●</span>	<b>JUMP SQUATS</b> 10 reps <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: red;">●</span>	<b>PLANK SHOULDER TAPS</b> 20 taps <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: grey;">●</span>

# CORE & BALANCE

STRENGTH BEGINS AT YOUR CENTER

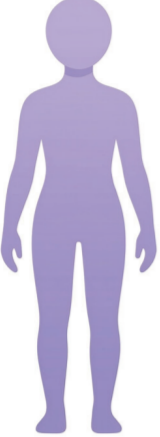



			
<b>DEAD BUG</b> 12 reps <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>	<b>BIRD DOG</b> 12 reps <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>	<b>STANDING KNEE RAISE</b> 10 reps / el <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>	<b>HEEL TAPS</b> 20 reps <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>





			
<b>PLANK</b> 30 sec <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>	<b>SIDE PLANK</b> 20 reps / ea <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: grey;">●</span>	<b>RUSSIAN TWIST</b> 20 reps <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: grey;">●</span>	<b>SINGLE LEG BALANCE</b> 20 sec / el <span style="color: green;">●</span> <span style="color: grey;">●</span> <span style="color: grey;">●</span>





			
<b>STANDING CROSS CRUNCH</b> 12 reps <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: grey;">●</span>	<b>LEG RAISES</b> 12 reps <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: grey;">●</span>	<b>BOAT POSE</b> 25 sec <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: grey;">●</span>	<b>SINGLE LEG REACH</b> 10 reps / el <span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: red;">●</span>

# YOGA FOUNDATIONS

BUILD STRENGTH THROUGH STILLNESS AND BREATH

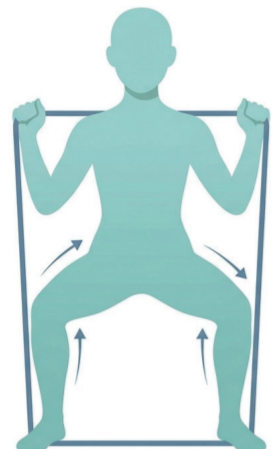
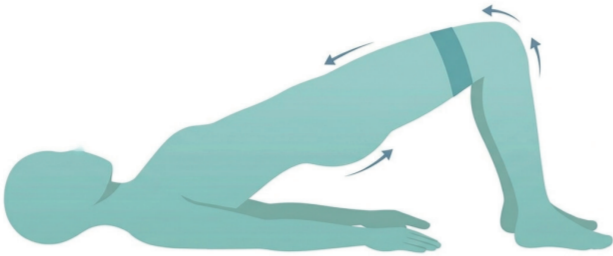

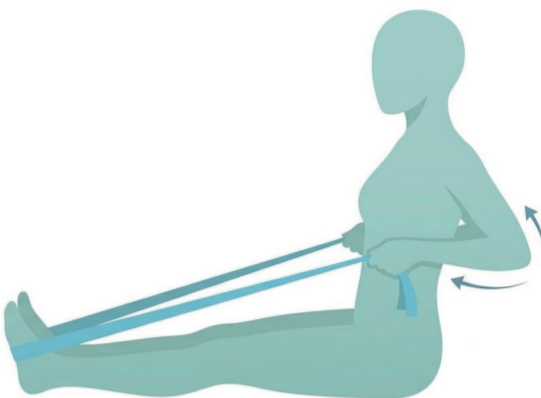
			
<b>MOUNTAIN POSE</b> 20 sec ● ● ●	<b>DOWNWARD DOG</b> 25 sec ● ●	<b>CHILD'S POSE</b> 30 sec ● ● ●	<b>WARRIOR I</b> 20 sec / ea ● ● ●


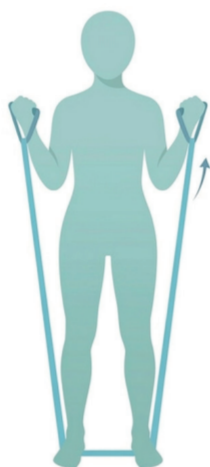

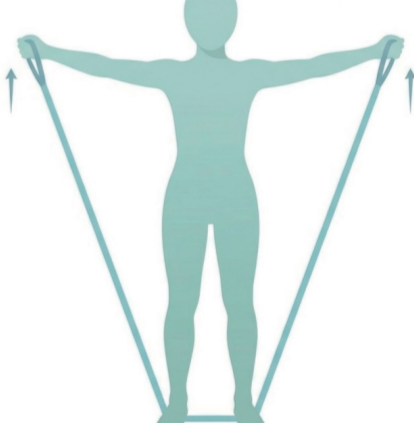
			
<b>WARRIOR II</b> 20 sec / ea ● ● ●	<b>TRIANGLE POSE</b> 20 sec / ea ● ● ●	<b>TREE POSE</b> 20 sec / ea ● ● ●	<b>COBRA POSE</b> 20 sec ● ● ●


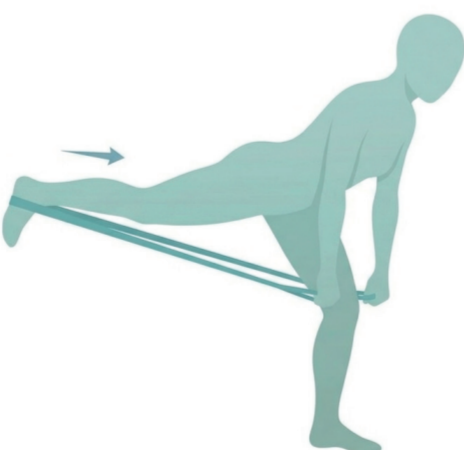
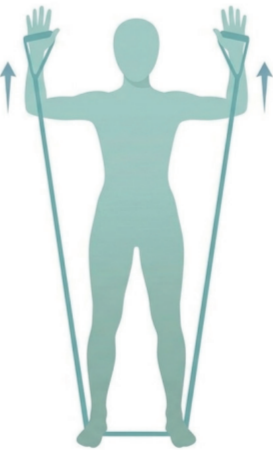

			
<b>BRIDGE POSE</b> 20 sec ● ● ●	<b>SEATED FORWARD FOLD</b> 25 sec ● ● ●	<b>CAT COW</b> 10 reps ● ● ●	<b>LOW LUNGE</b> 20 sec / ea ● ● ●

# RESISTANCE BAND FLOW

ADD RESISTANCE AND ELEVATE YOUR STRENGTH

			
<b>BAND SQUATS</b> 12 reps ● ● ●	<b>BAND GLUTE BRIDGE</b> 12 reps ● ● ●	<b>LATERAL BAND WALK</b> 12 reps / ea ● ● ●	<b>BAND ROWS</b> 12 reps ● ● ●

			
<b>BAND PULL APART</b> 12 reps ● ● ●	<b>BAND BICEP CURL</b> 12 reps ● ● ●	<b>BAND TRICEP EXTENSION</b> 12 reps ● ● ●	<b>BAND LATERAL RISE</b> 10 reps ● ● ●

			
<b>BAND DEADLIFT</b> 12 reps ● ● ●	<b>BAND KICKBANDS</b> 12 reps / el ● ● ●	<b>BAND SHOULDER PRESS</b> 10 reps ● ● ●	<b>BAND MONSTER WALK</b> 12 reps ● ● ●