



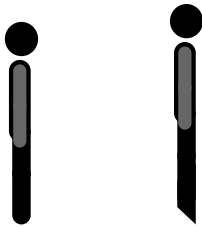
## Daily exercise, stretching and mindfulness

Scan the QR code for the daily routine, instructions, form, and more

### Exercises



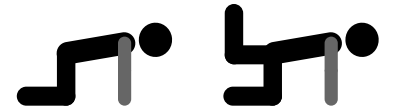
Bird Dog



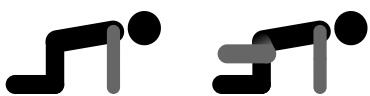
Calf Raise



Cross Body Crunch



Donkey Kick



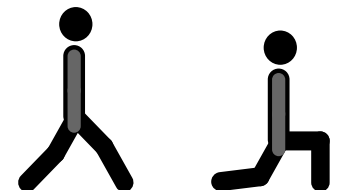
Fire Hydrant



Glute Bridge



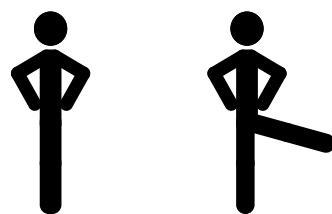
Jumping Jacks



Lunge



Lying Leg Lift



Side Leg Raise



Push-Back



Push-Up



Plank



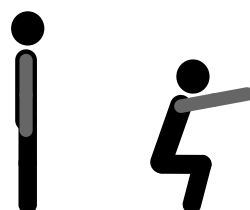
Side Plank



Sit-Up



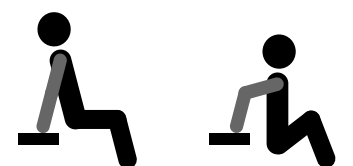
Scissor Kick



Squat



Superman



Tricep Dip

### Stretches



Forward Neck Bend



Backward Neck Bend



Side Neck Bend



Neck Rotation



Forward Fold



Hamstring Stretch



Quad Stretch



Calf Stretch



Sphinx Stretch



Cobra Stretch



Supine Spinal Twist



Figure Four Stretch