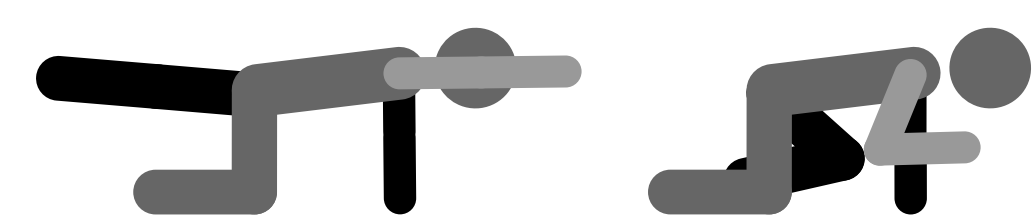




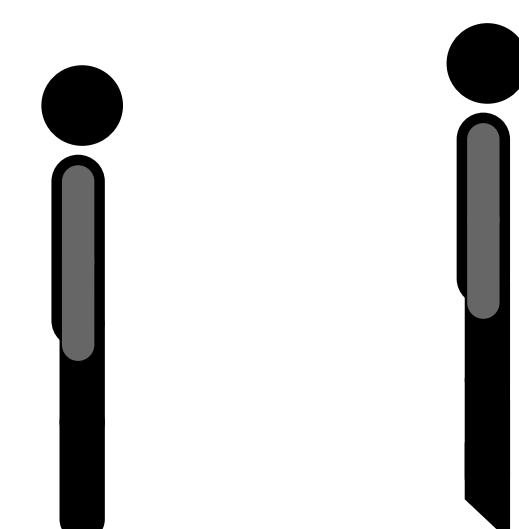
Daily exercise, stretching and mindfulness

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

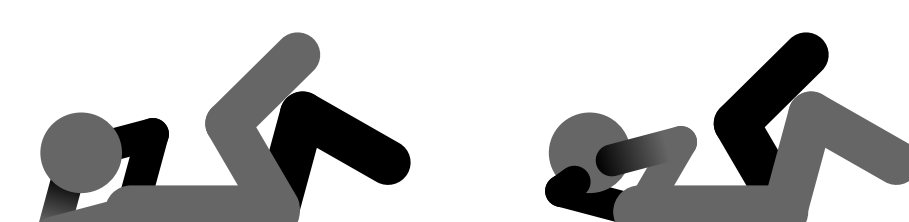
Exercises



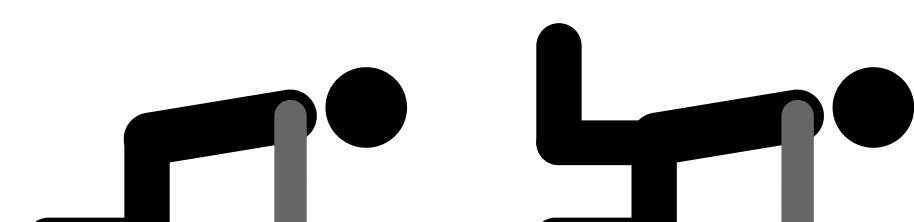
Bird Dog



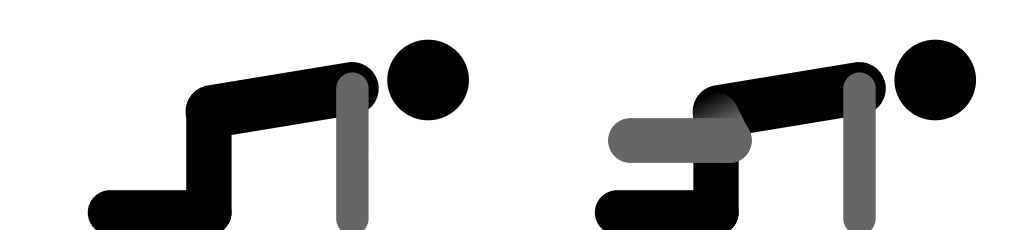
Calf Raise




Cross Body Crunch




Donkey Kick



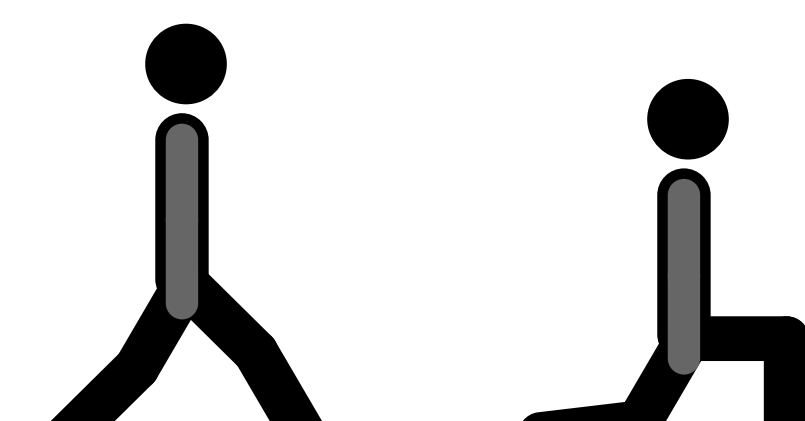
Fire Hydrant



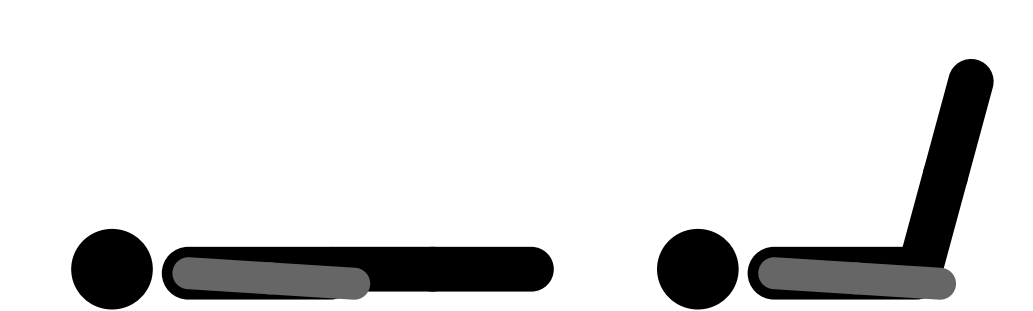
Glute Bridge



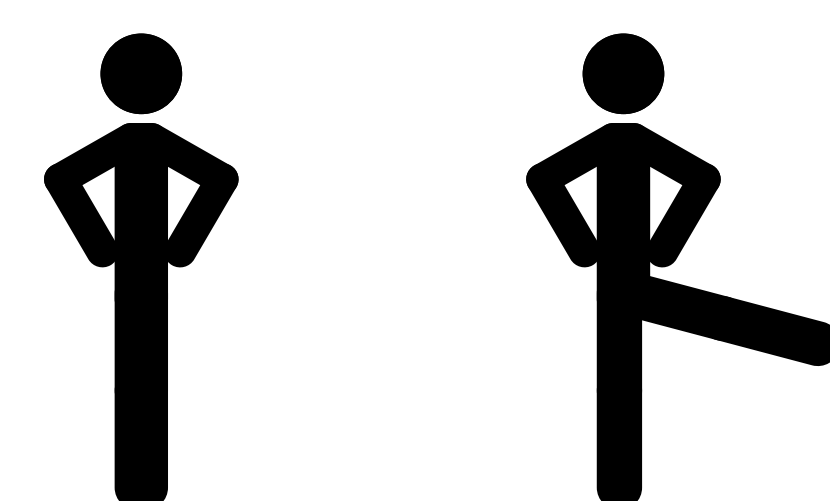
Jumping Jacks



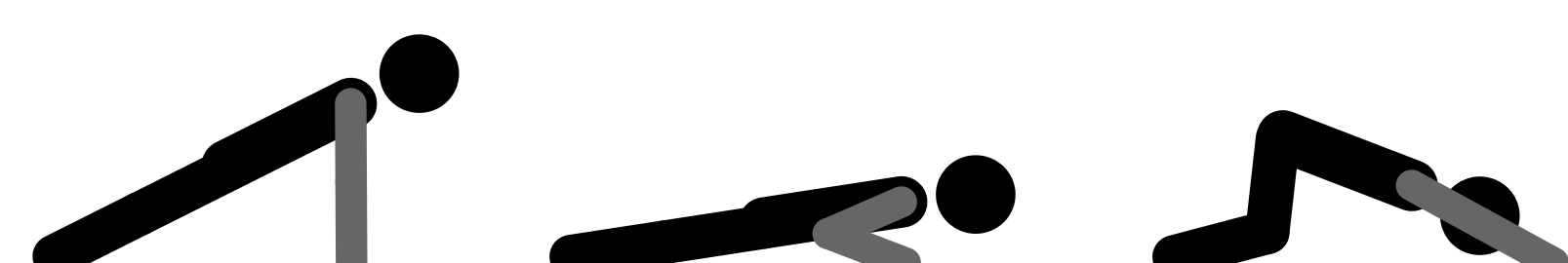
Lunge



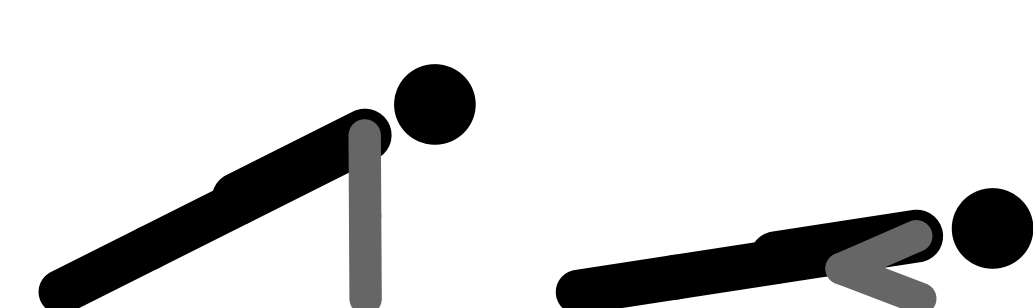
Lying Leg Lift



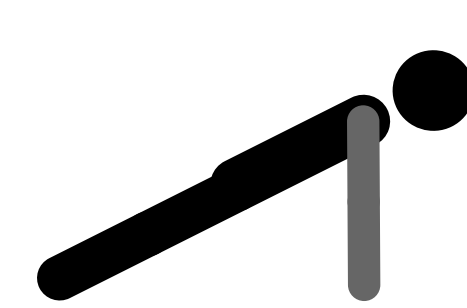
Side Leg Raise



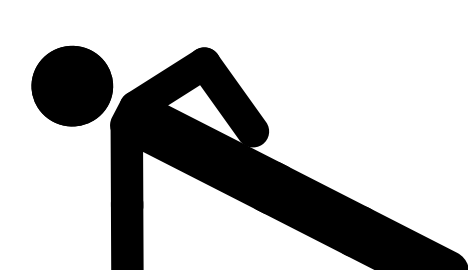
Push-Back




Push-Up




Plank



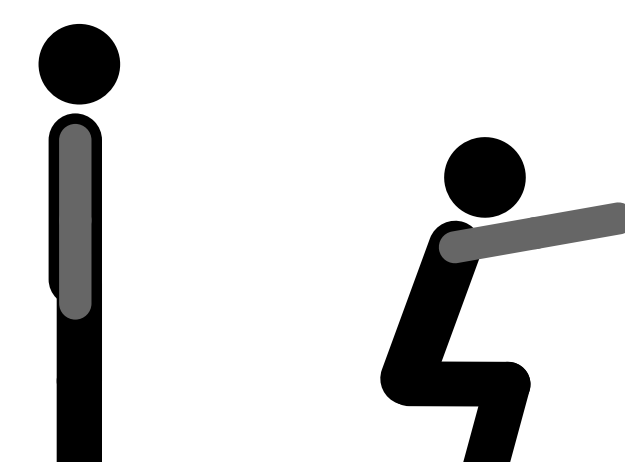
Side Plank




Sit-Up



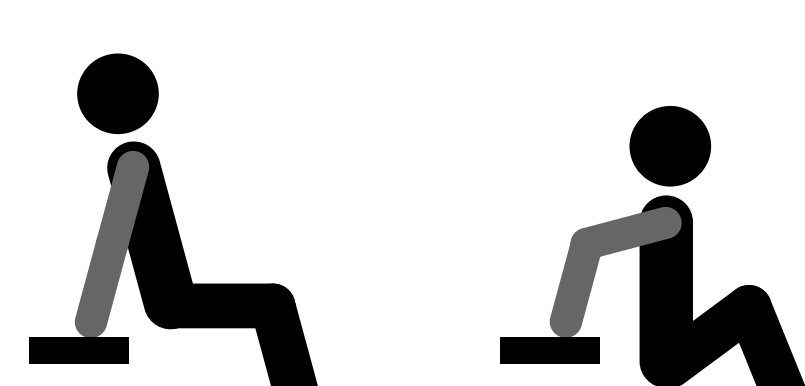
Scissor Kick



Squat

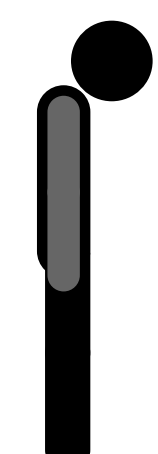


Superman

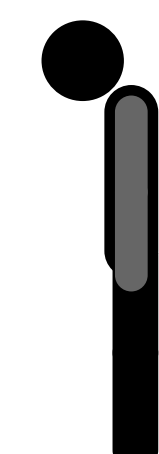


Tricep Dip

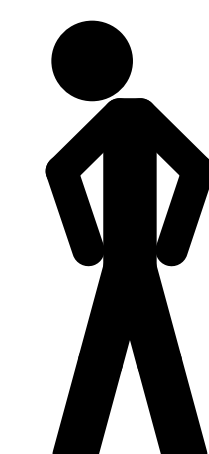
Stretches



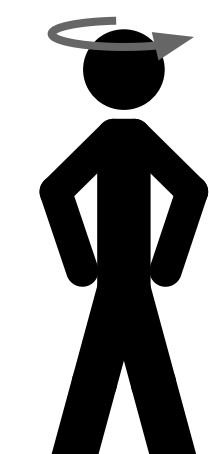
Forward Neck Bend



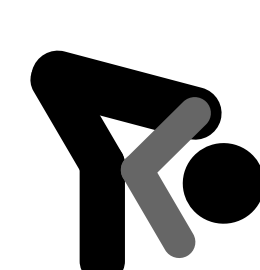
Backward Neck Bend



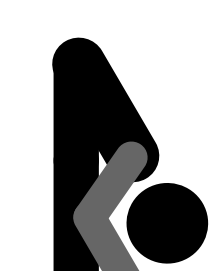
Side Neck Bend



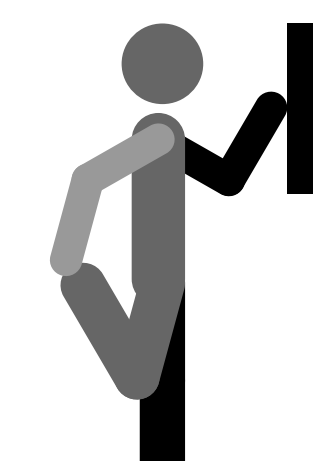
Neck Rotation



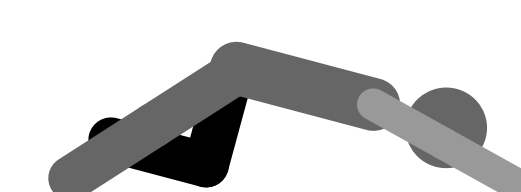
Forward Fold




Hamstring Stretch




Quad Stretch




Calf Stretch



Sphinx Stretch



Cobra Stretch



Supine Spinal Twist




Figure Four Stretch