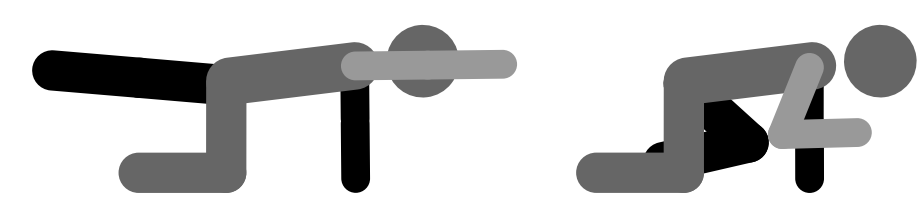


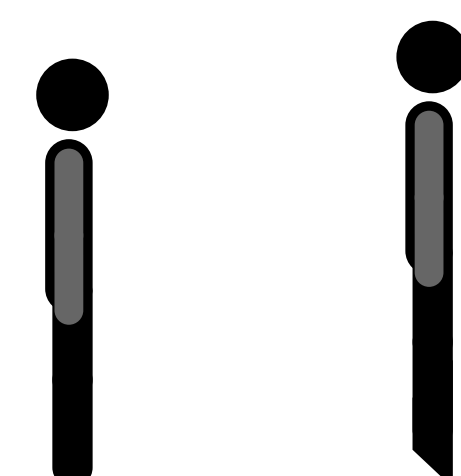
## Daily exercise, stretching and mindfulness

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

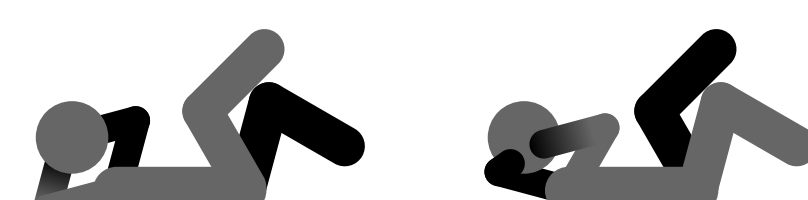
### Exercises



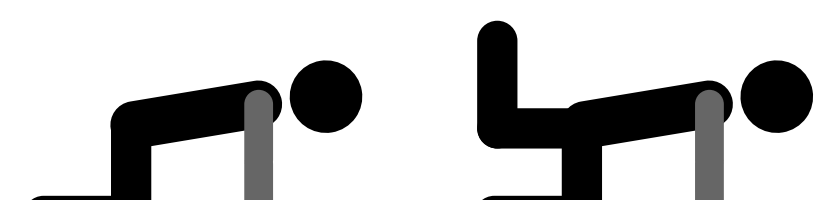
Bird Dog



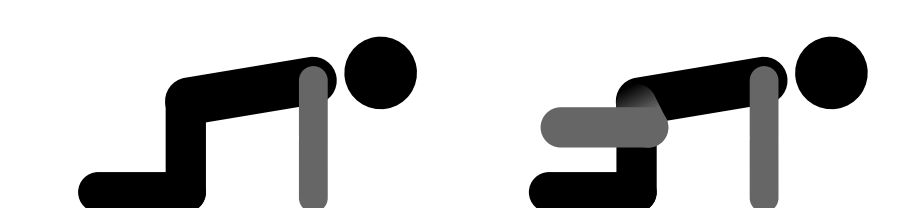
Calf Raise




Cross Body Crunch




Donkey Kick



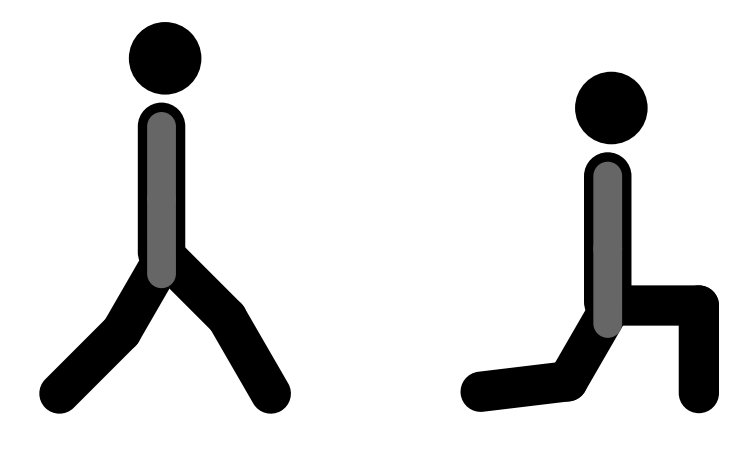
Fire Hydrant



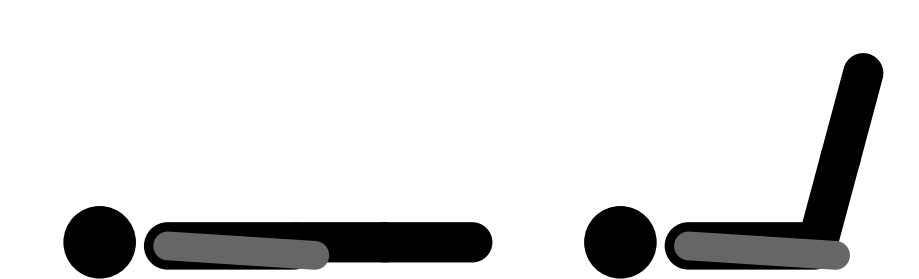
Glute Bridge



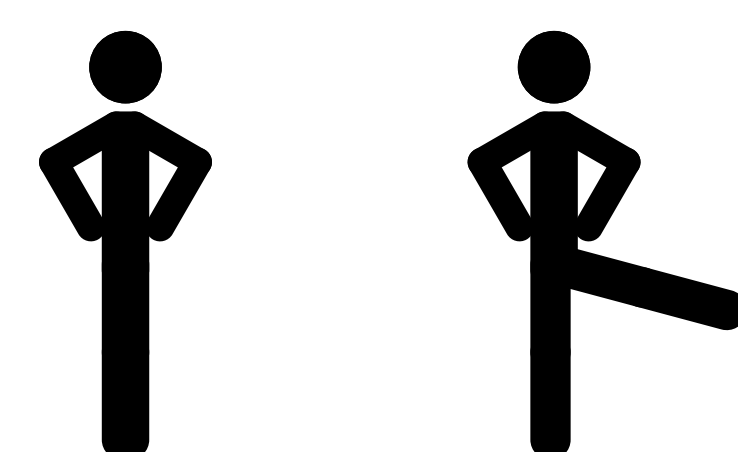
Jumping Jacks



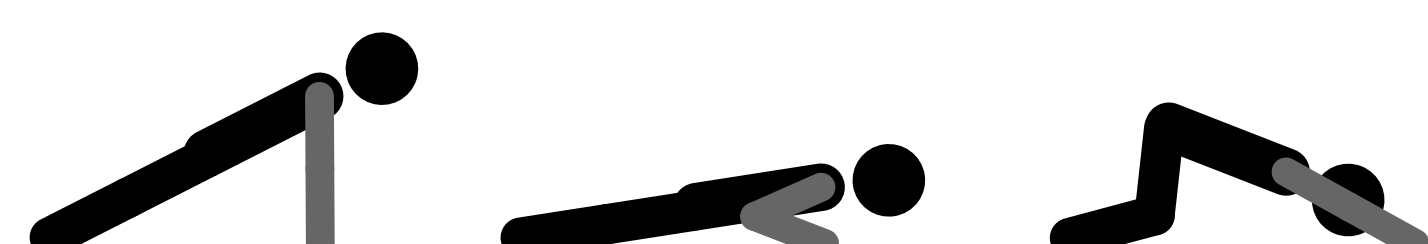
Lunge



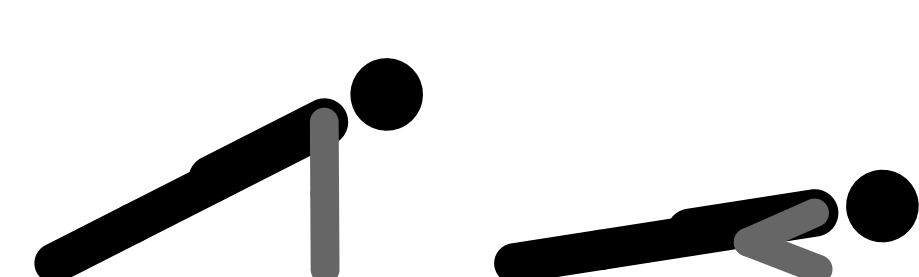
Lying Leg Lift



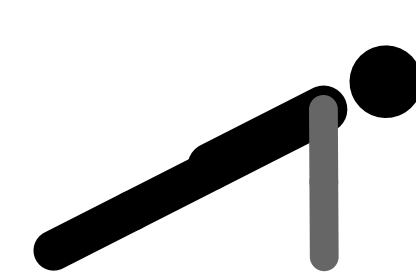
Side Leg Raise



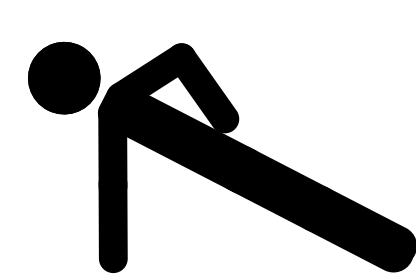
Push-Back



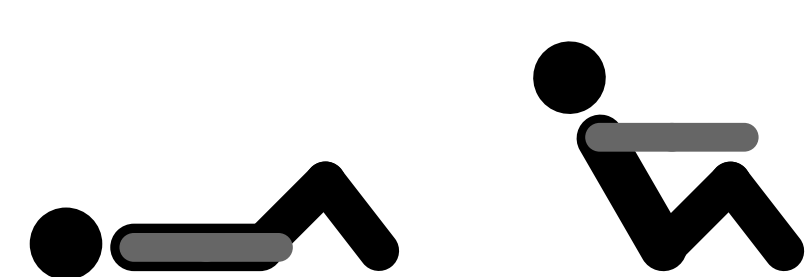
Push-Up



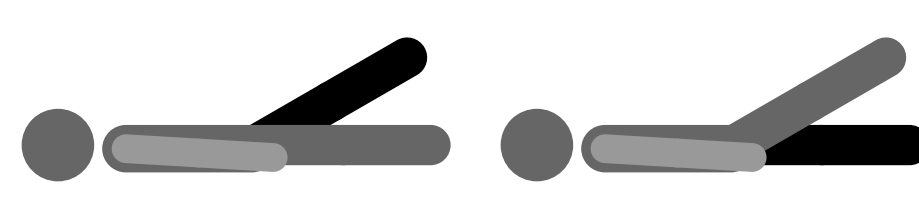
Plank



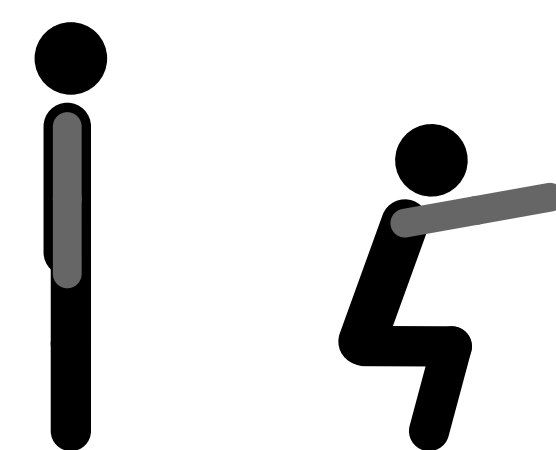
Side Plank




Sit-Up



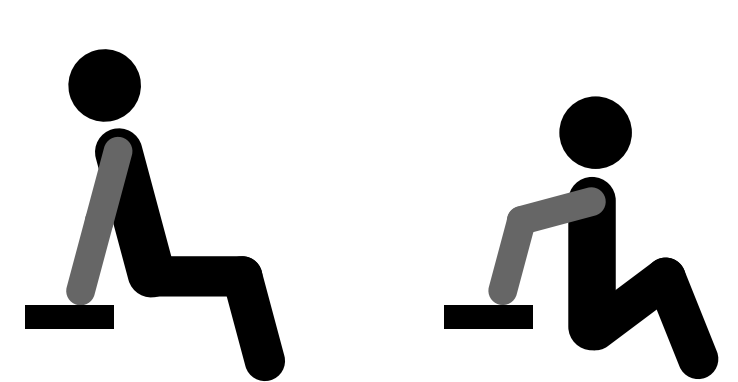
Scissor Kick



Squat

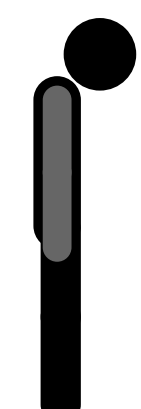


Superman

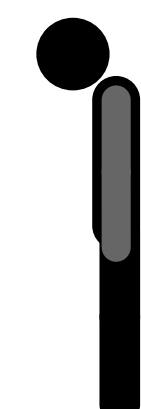


Tricep Dip

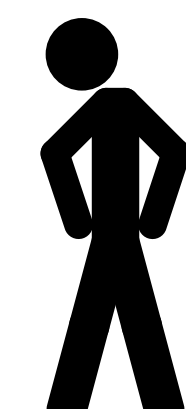
### Stretches



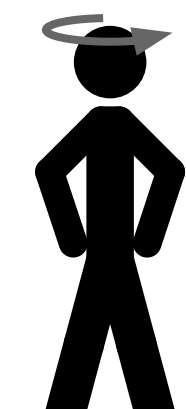
Forward Neck Bend



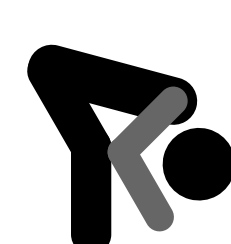
Backward Neck Bend



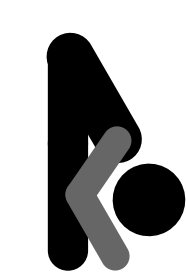
Side Neck Bend



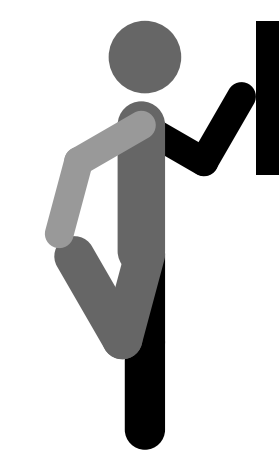
Neck Rotation



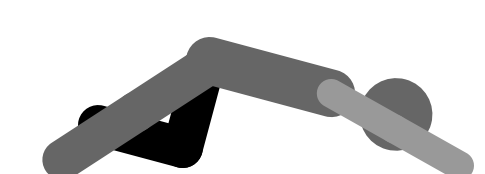
Forward Fold



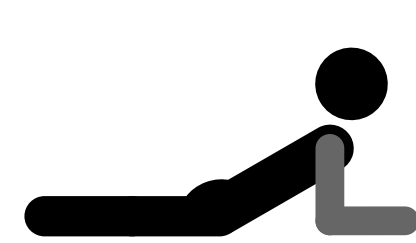
Hamstring Stretch



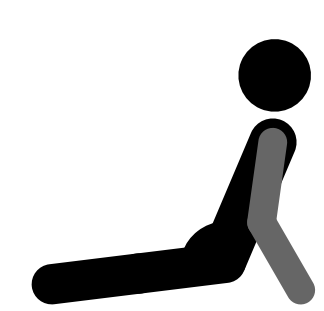
Quad Stretch



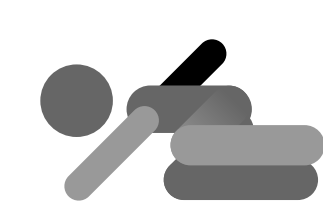
Calf Stretch



Sphinx Stretch



Cobra Stretch



Supine Spinal Twist

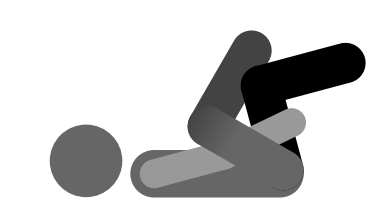


Figure Four Stretch