



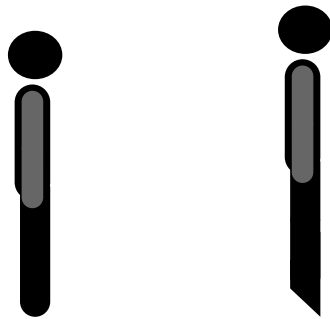
## Daily exercise, stretching and mindfulness

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

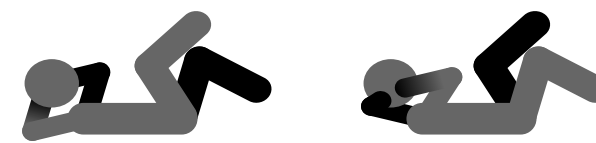
### Exercises



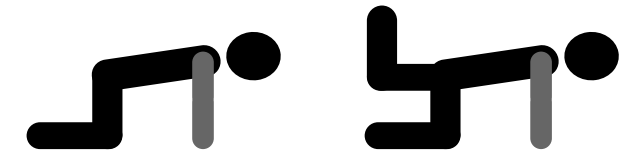
Bird Dog



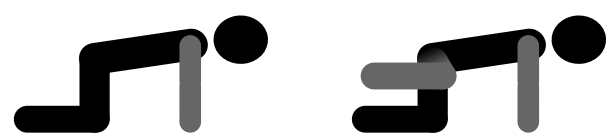
Calf Raise



Cross Body Crunch



Donkey Kick



Fire Hydrant



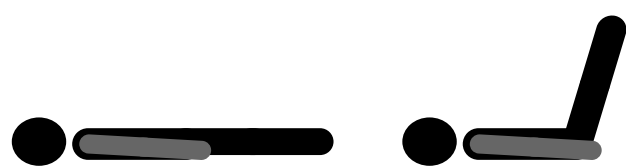
Glute Bridge



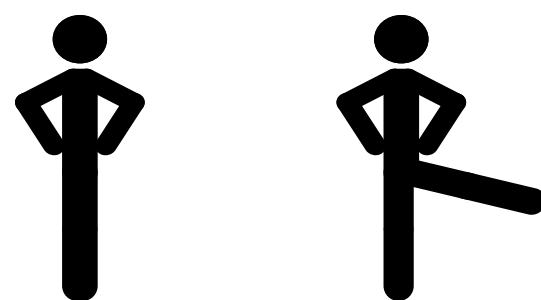
Jumping Jacks



Lunge



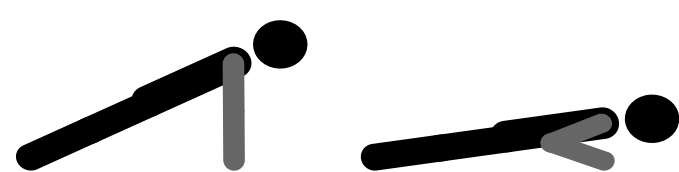
Lying Leg Lift



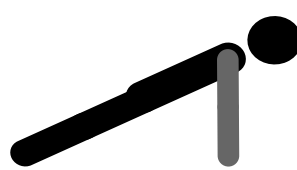
Side Leg Raise



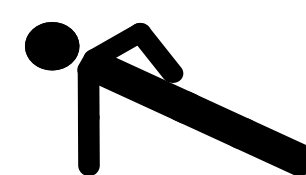
Push-Back



Push-Up



Plank



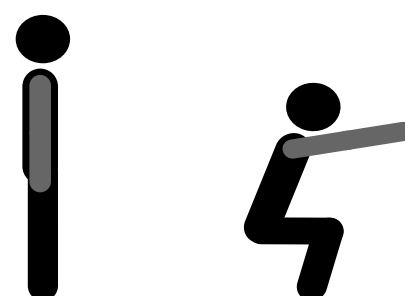
Side Plank



Sit-Up



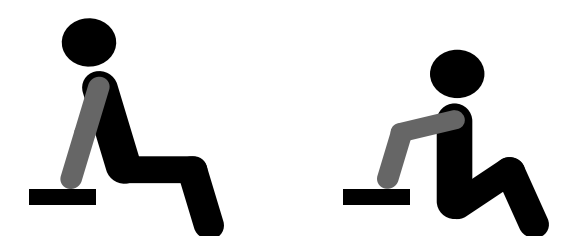
Scissor Kick



Squat

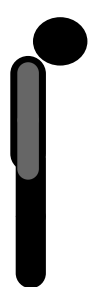


Superman



Tricep Dip

### Stretches



Forward Neck Bend



Backward Neck Bend



Side Neck Bend



Neck Rotation



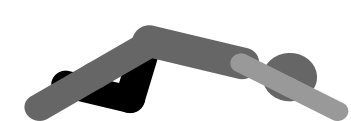
Forward Fold



Hamstring Stretch



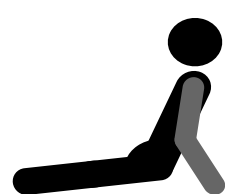
Quad Stretch



Calf Stretch



Sphinx Stretch



Cobra Stretch



Supine Spinal Twist

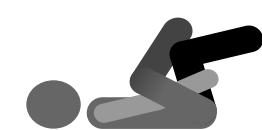


Figure Four Stretch