

STRETCH & FLEX DAY A



SQUAT TO SEATED ROTATIONS

2 sets
7 reps



REACH UP TO SINGLE LEG TO TOUCH

2 sets
6 reps each side



LUNGE AND REACH

2 sets
7 reps each side



NECK CIRCLES

2 sets
5 reps each clockwise and
counter clockwise



STAGGERED PUSH PULL

2 sets
7 reps each side