

Drinks and restroom

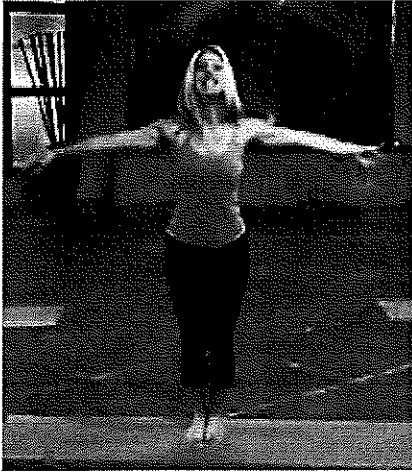
Remove jewelry, short nails with no polish

Put on shoes, shorts and t shirt

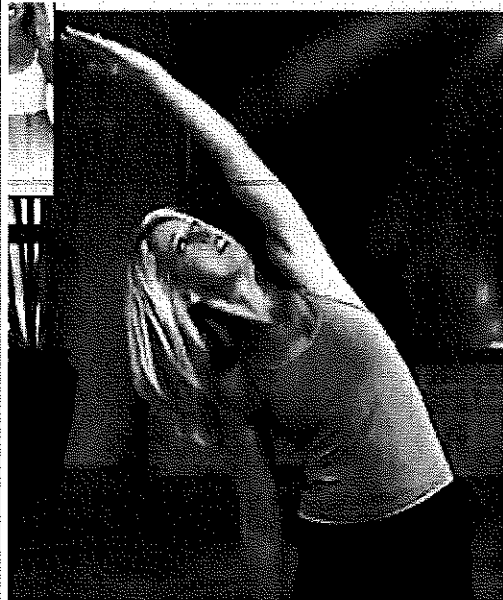
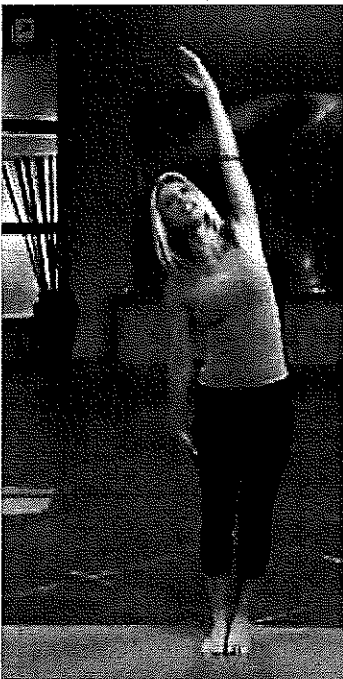
Warm up- run

Full body stretching

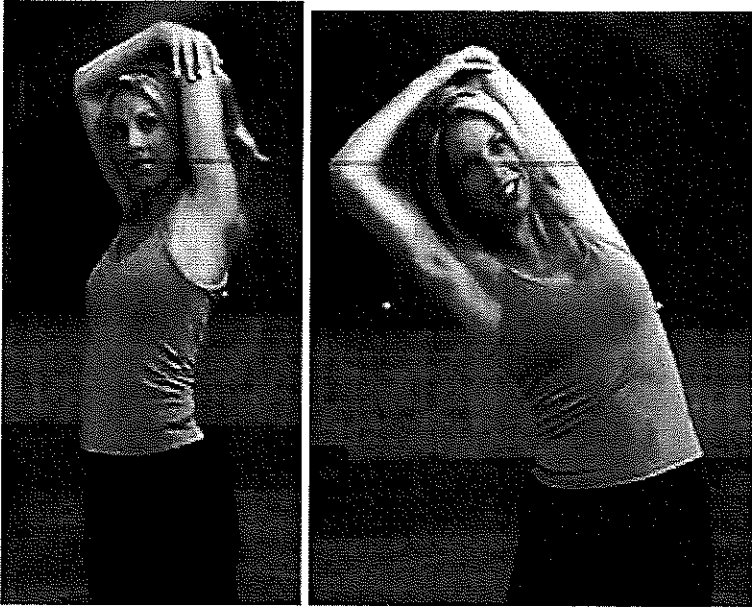
1. Breathe



2. Arm over head and lean to side 8 count, look up 8 count (other arm)



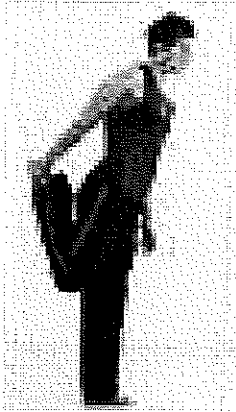
3. Palm on shoulder and other hand on elbow



4. Neck stretch



5. Knee bend



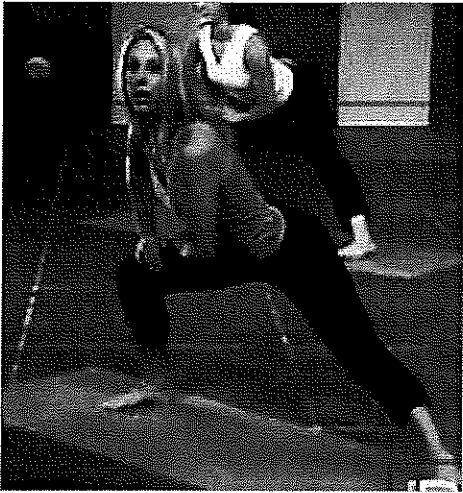
6. Squat



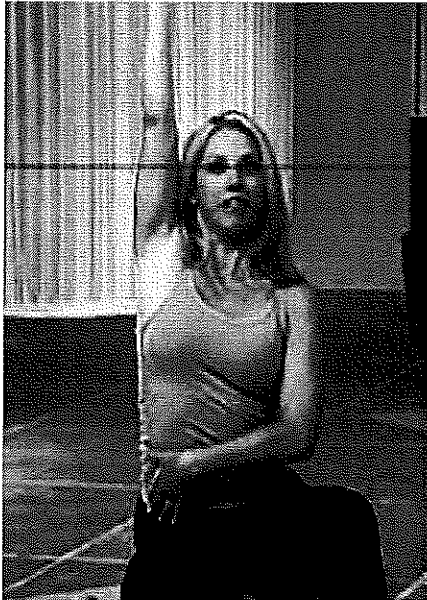
7. Toe Touches



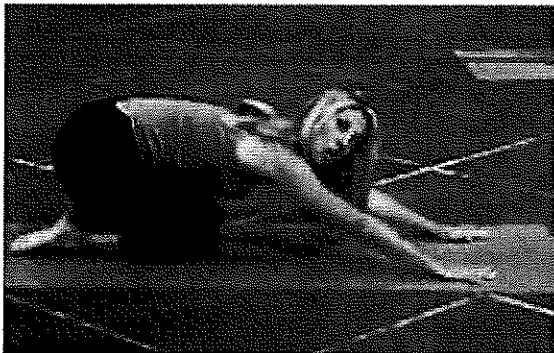
8. Leg Stretch



9. Hip Flexor



10. Child's pose



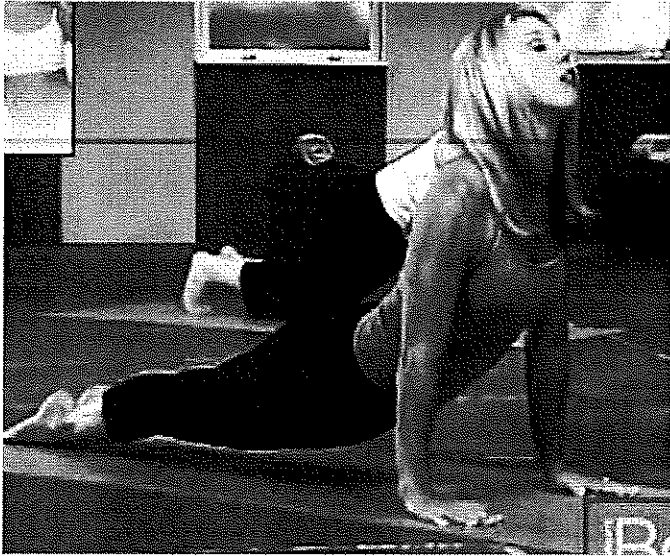
11. Chest opener



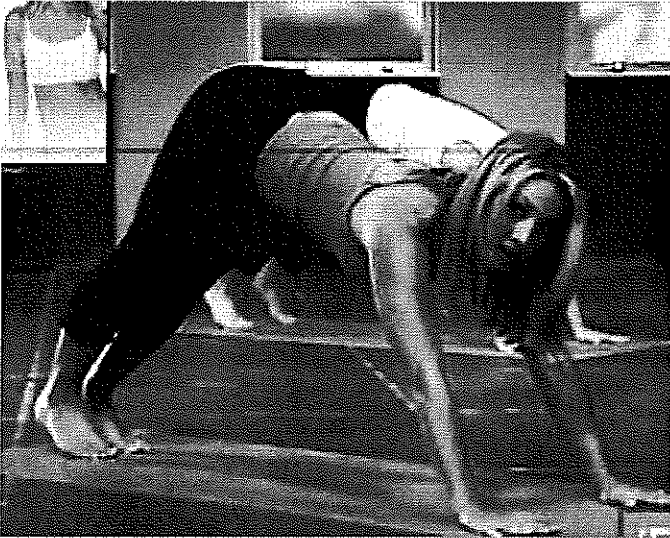
12. Pigeon



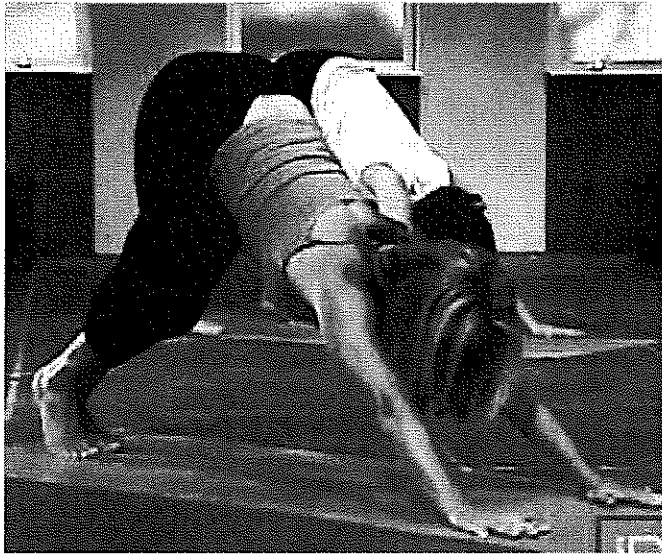
13. Up dog



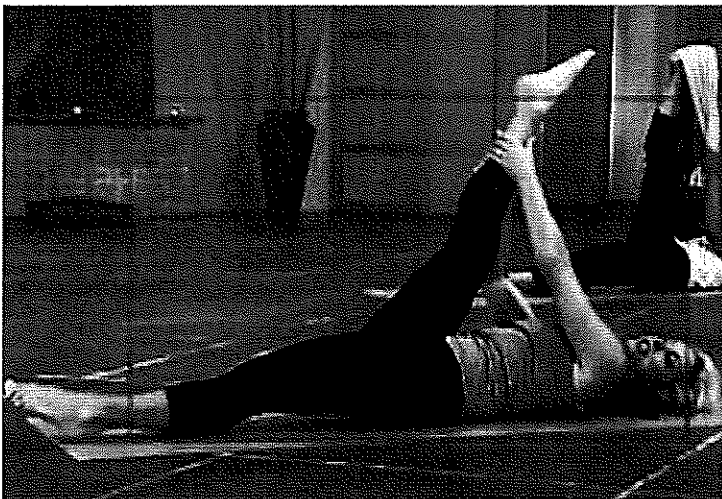
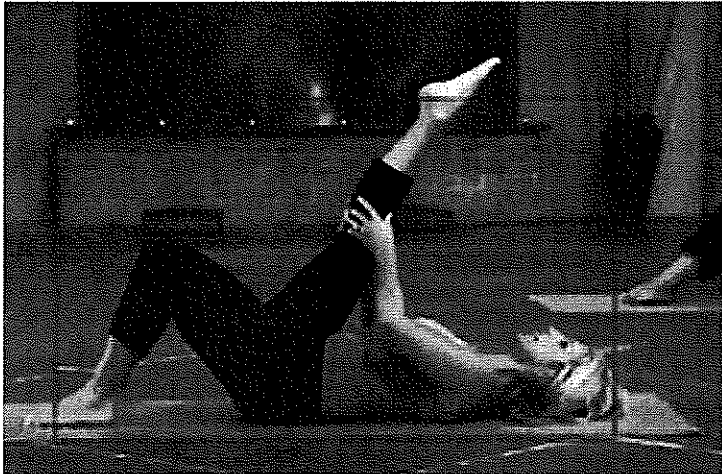
14. Downward facing dog



15 Bend knee



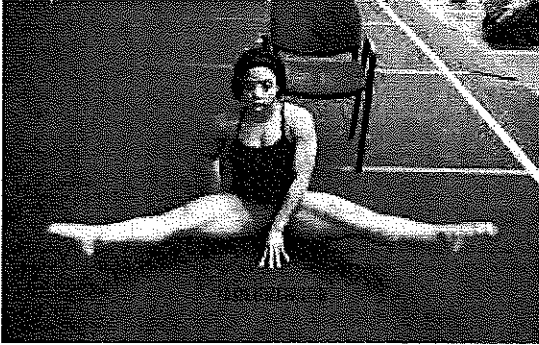
16. Leg stretch



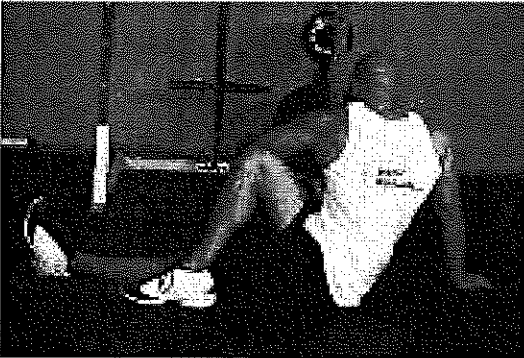
17. Star sit ups



18. Leg circles



19. Hollywood



20. Heels





21. Tippy toes

