Beginners exercise shared with number of rotation include in your schedule and fill back in app for tracking record. Good Luck



Stretch - Neck (Standing\_Side)



Stretch - Deltoids (Standing\_Circles\_Arms Down



Stretch - Neck (Standing\_Side\_Rotational)



Stretch - Deltoids (Standing\_Back\_Straight)



waist rotation



## Tadasna



Stretch - Gastrocnemius (Sitting\_Knee Bent)



Stretch - Glutes (Lying\_Leg Cross)

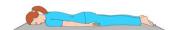


Stretch - Hamstrings (Lying\_Leg Straight)



## Superman





cobra pose