

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

Tadasana



Tadasna



Stretch - Gastrocnemius (Sitting_Knee Bent)



Stretch - Glutes (Lying_Leg Cross)



Stretch - Hamstrings (Lying_Leg Straight)



Superman

COBRA POSE (BHUJANGASANA)

1. Lie on your stomach.
2. Fold elbow and place underneath your shoulders.
3. Raise your upper body (head, chest, and stomach).

Top 10
EXERCISES



cobra pose