



# WORKOUT OF THE DAY



## Belt or strap Stretching Training

**What You'll Need:** Belt or Strap, Mats

**Recommendations:** Don't overstretch, go slow, focus on breathing and accommodating your body correctly, breathing accordingly, holding the position gently 12 seconds to 20".

**Warm Up (2X):** Breezy walk for 5 minutes, Cat and cow pose, Bird-dog pose, downward and upward facing dog pose, seat folding forward, standing forward fold.

Hamstrings Stretch



Hip Flexor Stretch



Quadriceps stretch



TFL/ Glutes Stretch



Inner thighs Stretch



Side Bend Stretch



Chest/Arms Stretch



**Cool Down:** Breezy walk for 8 to 10 minutes.