



# WORKOUT OF THE DAY



## Swiss Stability ball stretching.

**What You'll Need:** Stability Ball, mat.

**Recommendations:** Remember to take sips of water every time you need it, repetitions/time can be modified according to your fitness level. Relax and use a deep slow breathing, don't over stretch. Hold the position for 12 to 20 seconds. Relax head and shoulders. Let go the tension.

Front body-abs stretching



Lateral body stretching



Chest-shoulder stretching



Crescent high lunge pose



Seated Forward fold



Standing forward fold

