

30 minute Flexible Strength Workout



Torso Rotations



Arm Swings



Squats

Lunges



Superman



Press Up on Knees



Press Up on Toes

30 minute Flexible Strength Workout



DownDog



Plank



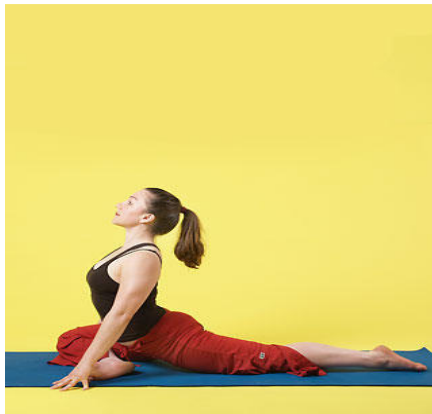
Camel



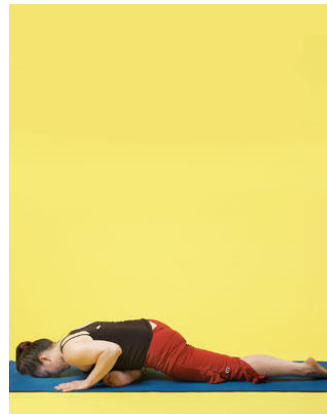
Crab Pushup



Frog



High Pigeon



Low Pigeon

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Bent Knee Leg Lifts/Dead Bug



Bent Knee Spinal Twist



Straight Leg Spinal Twist