



10 Second
Airplane Balance



10 Second Calf
Stretch



10 Second Sit &
Stretch



10 Second
3-Point Balance



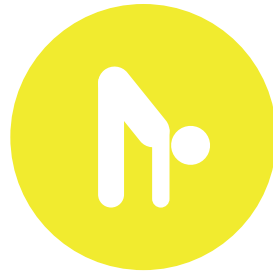
10 Second
Upward Dog
(Trunk Lift)



10 Second Side
Lunge Stretch



10 Second Quad
Stretch



10 Second
Standing
Forward Fold



10 Second
Butterfly Stretch



10 Second Side-
Body Stretch