

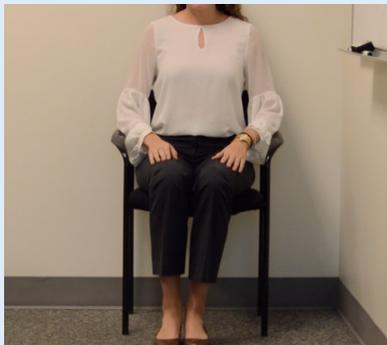


Yoga and Stretching

This workout will take about five minutes and is designed to be completed twice. Have a timer available for this workout. The timing for each stretch is listed below.



Shoulder-neck roll: Drop your chin to your chest and slowly roll your head in a clockwise direction. Repeat and roll in a counterclockwise direction. Do this movement for **15 seconds** in both directions. Then, drop your left ear to your left shoulder and place your left hand over your head and onto your right ear. Gently press your skull into your hand for **15 seconds** and then release and repeat to your right side.



Seated Pigeon: Place your right ankle on your left knee. Sit up straight and then bend at the waist and lower your chest towards the bent leg. Hold this pose for **30 seconds** before switching legs.



Warrior Flow: Start in Warrior I with your legs wider than shoulder-width and hips facing forward, turn the left toe outwards as you turn your hips to face the left toe. Sink into a lunge and keep your back toe pointing forward. Lift your arms overhead. Don't bend your knees over your ankle. Hold for **15 seconds**. Transition to Warrior II by opening your arms and dropping them level with your shoulders. Rotate your hips to face forward. Hold for **15 seconds**. Reverse your warrior by flipping your front palm and bringing that arm over your head to stretch your side. Rest your right arm on your hip or thigh. Hold for **15 seconds**.



Shoulder Stretch: Standing in a corner, extend your arms straight up and use the wall as support. Bend your right leg slightly and extend your left leg so it is straight behind you on the floor. Hold this pose for **30 seconds**.



Downward Desk Dog: Face your desk and place your palms on the corner. Push your hips back as your lower your chest to your thighs. Hold for **45 seconds**.



Quad Stretch: Grab your right ankle with your right hand and pull it towards your glutes. Raise your left arm. Repeat on the left leg with the right arm. Hold for **15 seconds** on each side.



Wide Legged Stretch: Start with your legs further than hip distance apart. First, fold at your waist and reach your hands towards the ground. Then, walk your hands to your right leg and try to grasp your calf or ankle for a side stretch. Walk your hands to the left for a left side stretch. Finally, grab your right leg with your left hand and twist while raising your right arm. Repeat to the left. Hold each of these positions for **15 seconds**.