

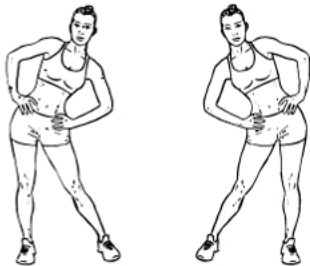
SPRING BODY RESET

Abs, Back, Legs

10 MINUTE NO EQUIPMENT STRETCH WORKOUT



Hip Circles



30 secs

Each direction.

Air Squats



16 reps

8 each side

Bird Dogs / Alternating Reach & Kickbacks



10 reps

Each side

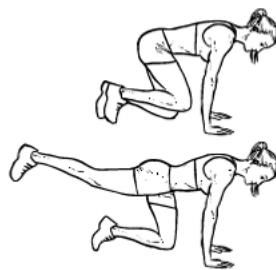
Cat Back / Backward Camel Stretch



60 secs

Really stretch it out to release tension.

Donkey Kicks



12 reps

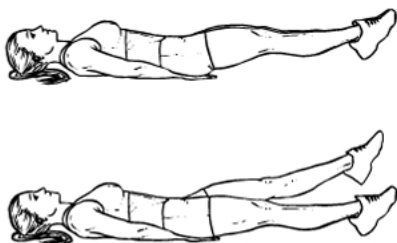
each side

Alternate Heel Touchers / Lying Oblique Reach



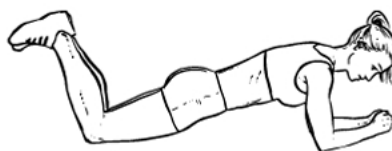
30 secs

Flutter Kicks



30 secs

Knee Plank



30 secs

Gluteus / Glute / Gluteal Stretch



30 secs

each side