

1. Ankle Stretch
3 slow circles clockwise
3 slow circles counter clockwise

2. Calf Stretch (until you feel the pulling in your calf)



3. Soleus Stretch (until you feel the pulling in your ankle)



4. Chest Stretch



5. Upper back stretch



6. Plank



7. Supermans



8. Cobra



9. Childs Pose



10. Glute Stretch 1



11. Glute Stretch 2



12. Pigeon



13. Bridge



14. Leg Over Stretch

