

Pre or Post Workout! 3-5 reps w/10s hold each



Overhead Squat 1



Overhead Squat 2



Overhead Squat 3



Overhead Squat 4



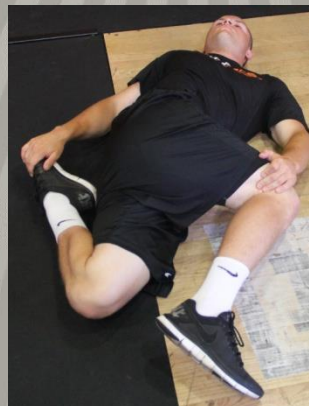
World's Greatest Stretch 1



World's Greatest Stretch 2



World's Greatest Stretch 3



Pretzel Stretch