

REVEAL YOUR CHAMPION: CROSS TRAIN JULY

WEEK 4: WORKOUT ZONE**360° STRETCH**

Hold each pose for 1 minute, rest for 1 minute, and repeat 2 more times.

1 1 Minute of Downward Dog



Downward Dog



2 1 Minute Rest

3 1 Minute of Happy Baby

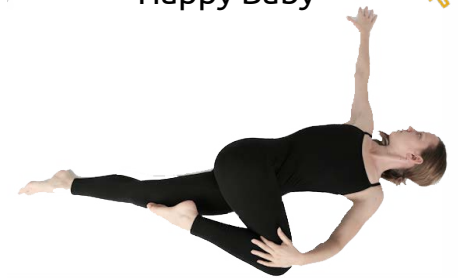


Happy Baby



4 1 Minute Rest

5 1 Minute of Supine Twist per side



Supine Twist



6 1 Minute Rest

7 1 Minute of Knee Hug per side



Knee Hug



8 1 Minute rest and drink some water!

9 Repeat 2 more times



Good Work!
Time to Cool Down



Good Work! Take a Break &
Go for 1 More Round!



Good Work! Take a Break
& Keep Going!