

WEEK 3: HEAVY HITTER**FIND YOUR CENTER**

Hold each pose for 30 seconds, rest for 30 seconds. Choose Champion, Warrior, or Super Hero to repeat the series.

1 30 Seconds of Crossed Leg Hip Stretch per side

2 30 Seconds Rest

3 30 Seconds of Childs Pose

4 30 Seconds Rest

5 30 Seconds of Floor Forearm Stretch

6 30 Seconds Rest

7 30 Seconds of Kneeling Hamstring Stretch per side

8 1 Minute rest and drink some water!

9 Champion: Repeat 1 more time
Warrior: Repeat 2 more times
Super Hero: Repeat 3 more times



Crossed Leg Hip Stretch ✨



Childs Pose ✨



Floor Forearm Stretch ✨



Kneeling Hamstring Stretch ✨



Good Work!
Time to Cool Down



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



Good Work! Take a Break
& Keep Going!