



This set is to be done at the bathroom sink or someplace where you have a partner, a bar or a support to hold on to

1. Grab the edge of a sink, stable chair, or your partner, and walk your feet back until you are holding your body at a 45 degree slope from heels to head. You will feel a stretch in your hamstrings. Begin raising and lowering alternate heels, walking in place without lifting the toes off the ground. Your arms and legs are fully extended and the body bends slightly in the middle. As you walk, you may lower your head, it does not have to be held up. Walk vigorously and work up a sweat. 11 minutes.

2. Stand with your feet shoulder width apart and extend your arms above your head with the palms facing forward, the elbows slightly bent, and the fingers spread wide apart. Swing your arms from side to side, keeping the hands above shoulder level. The momentum of the arm swing will cause the hips to swing if you are doing the movement with enough force. Continue 11 minutes.

3. Once again grab the edge of the sink, stable chair, or a partner. Bend at the waist with your head down between your arms. You will feel a stretch in your lower back and in the backs of your legs. Relax and stretch for 11 minutes.

