

## Episode 03

### COUCH STRETCH

- Bend your knee and place your shin along the back cushion of a couch (or a chair) with your toes pointed upward.
- Keep your left thigh in line with your body.
- Place your right foot in front, aligning your knee above your ankle.
- Elongate your spine and engage your core and glutes.

**TIME: 90 SECONDS E/S x2**

03



# Episode 04

## BANDED PASSOVERS

- Taking your resistance band at each end with both hands.
- Hold the band a little further than shoulder width apart in front of you raise your arms up and over your head.
- Lower your arms behind you until your arms sit at the top of your lower back.
- Feel the stretch in your shoulders and arms.

**TIME: 90 SECONDS E/S x2**

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