

Episode 01

SEATED HAMSTRING

- Sit with one leg extended and your back straight.
- Bend your other leg so that the sole of your foot rests against your mid thigh.
- Reach toward your ankle.
- Feel the stretch in the back of your thigh.

TIME: 120 SECONDS x2

01



Episode 02

COWFACE ARMS

- Bring your left arm straight up toward the ceiling.
- Bend the left elbow, bringing the left hand to the back of your neck. You can use your right hand to gently shift the left elbow toward your midline.
- Lift the right arm out to the right side, bend the elbow, and bring the right arm up the center of the back.
- Clasp hands behind your back.
- Draw both elbows toward the center and keep your head from tilting forward by pressing the back of your head into your left arm.

TIME: 90 SECONDS S/E x2

02



EN
CORE
STRENGTH & CONDITIONING