Ten Minute Stretch by Deneys

Upper Body/Back Workout Stretch

- Shoulder stretch
- Triceps stretch
- Bicep stretch
- Spinal mobility stretch
- Forward Fold (releasing)
- Upper back/chest stretch
- Seated twist
- Chest opener/shoulder stretch
- Child’s Pose
Lower Body Workout Stretch

- Standing quad stretch

- Standing hamstring stretch

- Side stretch

- Lunge stretch

- Forward Fold

- Hindi Squat

- Bound Angle Pose

- Knee to head stretch

- Wide leg stretch
Core Workout Stretch

- Child’s Pose
- Thread the Needle stretch
- Seated twist
- Cat Cow stretch
- Forward Fold/Mountain Pose
- Wide leg twist/rotation
- Wide leg fold
- Standing twist
- Side bend