



Ten Minute Stretch by Deneysel

Upper Body/Back Workout Stretch

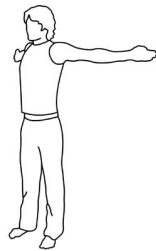
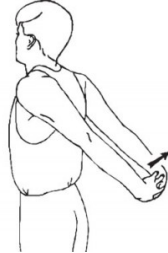
- Shoulder stretch



- Triceps stretch



- Bicep stretch



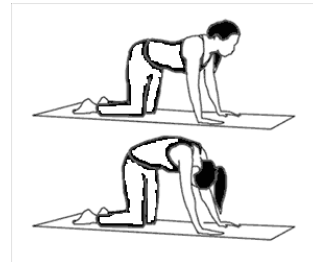
- Spinal mobility stretch



- Forward Fold (releasing)



- Upper back/chest stretch



- Seated twist



- Chest opener/shoulder stretch



- Child's Pose



Lower Body Workout Stretch

- Standing quad stretch



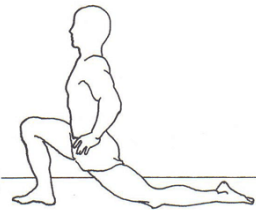
- Standing hamstring stretch



- Side stretch



- Lunge stretch



- Forward Fold



- Hindi Squat



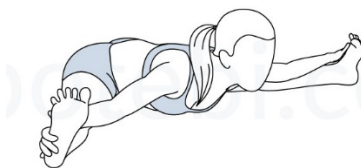
- Bound Angle Pose



- Knee to head stretch



- Wide leg stretch



Core Workout Stretch

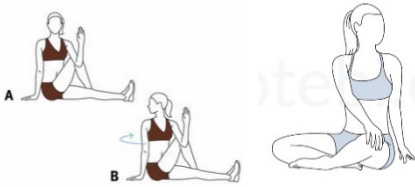
- Child's Pose



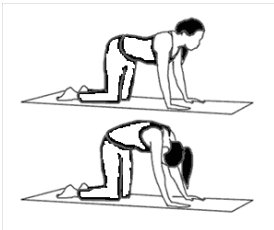
- Thread the Needle stretch



- Seated twist



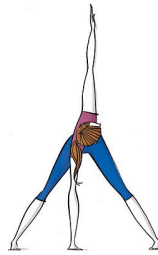
- Cat Cow stretch



- Forward Fold/Mountain Pose



- Wide leg twist/rotation



- Wide leg fold



- Standing twist



- Side bend

