

# DO ANYWHERE WORKOUT

## *Restore & Stretch*

Stretching should be done post-workout or after a shower, when muscles are warm and pliable.

| Stretch   | Duration        | Notes |
|---|-----------------|-------|
| Overhead side stretch                             | 30 seconds/side |       |
| Shoulder stretch                                  | 30 seconds/side |       |
| Tricep stretch                                    | 30 seconds/side |       |
| Chest stretch                                     | 30 seconds      |       |
| Forward fold                                      | 30 seconds      |       |
| Cat/cow   | 5x              |       |
| Kneeling heart opener                             | 30-60 seconds   |       |
| Hamstring stretch                                 | 30-60 seconds   |       |
| Hip opener  | 30-60 seconds   |       |
| (repeat cat/cow through hip opener on other side) |                 |       |
| Child's pose                                      | 1-5 minutes     |       |

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