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## The Daily Glow Up

one full deep breath to get settled

(3) Look side side/ neck stretch

(3) Hands behind head/ lower lift heels

(3) Lift to toes bend knees

(3) feet flat bend knees

2x4 (3x) ea.

100s: hands behind head/ lift heels/ inhale to bend knees/ exhale to straighten (stay on toes entire time)

(5) Roll down

(3) shoulder rolls

*(Grab Weights if you have)*

(5) Shaving Single Arm/ Side Stretch/ /switch

(3) scissor arms(standing swimming)/ pulse back

(3) shaving behind head w/feet flat/ lift to toes extend arms/bend knees arms behind head (5)

(5) lotus / single arm lotus (5)/ hold arms lift opposite leg (balance): lift knee to 90 degrees(5x)/ extend straight (5x)/ lower lift straight (5x) final hold pulse/ switch/ open back to lotus to finish

Bicep curl high(5x)

bicep curl low (5x)

Chest expansion

Arm circles(3x)

Arms stay glued to side body to roll down (drop the weights) roll up slowly.

Frog/ Push Down Combo Stretch (3x)