



Wring It Out Towel Workout

- Lower down to mat w/towel in hands/arms in line w/shoulders
- Lay down hug knees to chest with towel/squeeze/rock side side
- Towel behind feet/Monkey stretch w/ towel (point/flex 3x)
- 100s: towel in hands/ bend in take behind legs/ switch
- Roll Up (stretch w/towel behind the feet)
- Leg Circles: Stretch IT Band w/towel/ circles with arms reaching to the sky/reverse-arms stretch behind head/ scissor switch legs 3x/ *other side repeats*
- Roll Like a Ball w/towel 5x/ 3x to teaser- towel behind feet
- Series of 5:
 - Single leg stretch: towel reaching over legs/ reaching by ears
 - Double leg stretch: towel in hands
 - Single Straight Legs: towel to the ceiling (final set wrap around foot give big split stretch)
 - Double straight leg: towel behind legs/ head down
 - Criss Cross: behind neck
- Spine Stretch Forward
- Saw
- Swan w/towel: Arms lift only (3x)/ Arms & Upper Body lift (3x)/ Everything lifts (3x)/ beat heels/ swimming
- child pose
- Thigh Stretch w/towel
- Kneeling Lunge w/ twist
- Chest Expansion w/ look look but add variations- chin to chest/ chin to the sky
- lift arms long to the sky to finish on knees