

# Total Body Stretch (5-7 minutes)

Workout of the month: September



## Standing Reach & Side Stretch (1 min)

- Stand tall, feet hip-width apart.
- Inhale, reach both arms overhead.
- Exhale, lean to the right, stretching your left side.
- Inhale back to center, then exhale to the left
- Repeat 2–3 times on each side.

## Forward Fold (1 min)

- From standing, exhale and hinge at the hips to fold forward.
- Let your head hang heavy, knees slightly bent.
- Grab opposite elbows and gently sway side to side.

## Lunge with Spinal Twist (30 secs per side)

- Step your right foot back into a lunge.
- Place your left hand on the floor and twist your torso to the left, reaching your right arm up.
- Hold for 30 seconds, then switch sides.

## Cat-Cow Stretch (1 min)

- Come to hands and knees.
- Inhale, arch your back (cow), lifting your head and tailbone.
- Exhale, round your spine (cat), tucking your chin to your chest.
- Repeat slowly for 1 minute.

## Child's Pose (1 min)

- Sit back on your heels, arms extended forward.
- Let your forehead rest on the mat.
- Breathe deeply and relax your shoulders.