

GROUP OF Exercises

Week 5

Yoga of the arms : static stretches



OS: REPEAT ON THE OTHER SIDE

LYING DOWN



STANDING




SITTING ON A CHAIR



SITTING ON A MAT



GROUP OF *Exercises*

Week 5
Yoga of the arms : static stretches


COMBO: BACK + ARMS

YOU CAN SPICE UP YOUR WEEK BY ADDING THE BACK + ARM STRETCHES TO YOUR DAY. IN JUST ONE STRETCHING GROUP !

1



2



3



4

