

Morning Wake Up Stretches

Hold each movement for 5-10 seconds before moving on to the next one. Make sure you hit both the right and left side to stay even. Keep rotating through the movements for 15-20 minutes. As always listen to your body.



Open up and reach for the sky



Side bend



Chair



Forward Fold



Downward Dog
Modification - use back of chair or wall



Forward Lunge



Reverse Lunge



Your Time Fitness

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