WORKOUT AT HOME
WEEK 2 – 20 MINUTE BASIC YOGA STRETCH

This week’s goal: Do each exercise as instructed. This can be done every day as a stretch.

Go to this link to follow along with the workout video: Deep Stretch and Relaxation

Add a daily 20-30 minute brisk walk for cardio, and any 3 non-consecutive days strength training.

Check off your daily progress below: W = Workout  C = Cardio  S = Stretch

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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up

1. Overhead Stretch

Take a deep breath in as you lift your arms above the head and lengthen your spine. You can look up to the sky/ceiling. Hold for a few seconds. Take a deep breath, grab your left wrist. As you exhale, lean to the right side (opposite to the wrist you are holding). Hold for a few seconds. Come back to standing center. Repeat the movement by grabbing your right wrist and leaning to the left.

2. Back and Shoulders

Clasp your hands behind your back. Make sure your palms are touching and interlace your fingers. Draw your shoulders back, open your chest, and if you can, slightly lift your arms. Then clasp your hands in front of you, interlace your fingers, and push your hands out in front of you palms out. Tilt to the left and right. Continue to breathe.

3. Ankles

From standing, keep weight on the balls of your feet and move into a squat position with your hands on the floor in front of you. Roll forward onto the toes, letting your knees fall gently to the floor. Roll back on the heels, lifting your knees and moving your hands behind you for support. Rock back and forth from ball of feet to heels a few times.

Yoga Flow – Move from the end of one stretch into the beginning of the next.

1. Forward Fold with Twist

Bend at the hips with feet shoulder width apart. Bend your right leg and place your right hand on the mat/floor. Slowly lift your left arm above your head and twist up towards the left side. For a deeper stretch, wrap your left arm behind your back. Hold for a few seconds. Repeat the same movement on the left side. Hold for a few seconds. Slowly roll to a stand.

2. Cat Cow Pose

Come down to your mat on your knees and hands. Knees should be about hip distance apart and hands above your shoulders. Inhale as you arch your back bringing your belly button in and looking down at your mat. Exhale and tilt your tailbone forward, belly drops, and look up. Continue this motion a few times. Breathe through each movement.

3. Downward Dog

From kneeling, exhale as you tuck your toes and lift your knees off the floor. Gently begin to straighten your legs, but do not lock your knees. Bring your body into the shape of an "A." Press the floor away from you as you lift through your pelvis. Now press down equally through your heels and the palms of your hands. Breathe and hold for a few seconds.
4. Lunge Flow – Right Side

Walk your feet to your hands. Step your right foot back as far as you can, maintaining good balance. Stay on the ball of your foot and drop your right knee to the mat. Lift your right knee and straighten both legs coming up slightly. Repeat this motion a few times.

Straighten both legs, drop your head, and hold here for 2 breaths.

Uncurl your back foot, drop your knee to your mat, sink into your hips, and lift both arms over your head. Lean to the left for a deeper stretch.

Set your hands down next to your left front foot and lean your hips back straightening your front left leg. Flex your left foot. For a deeper stretch turn slightly into your left leg.

Bring your left foot back to your right foot and slowly lower yourself to your mat. Uncurl your feet and clasp your hands behind your back. Take a breath in lifting your chest off the mat, stretch your arms. Hold for 1 breath. Release your arms letting your chest come back to your mat.

Move into plank position and repeat the Downward Dog Pose.

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5. Seated Stretch – Left Side

On your hands and knees keep your feet together and knees apart, sitting back while reaching forward with arms into “child’s pose.” Hold this position for 2 breaths.

In a seated position, extend your legs straight out in front of you. Flex your feet and lift your hands over your head. Taking a deep breath in, reach forward, bending at the waist. Drop your shoulders as your hands reach your feet or the sides of your ankles. Drop your head and hold this for 2 breaths.

Sit up slowly, bend your right knee and cross it over your left leg. Hook your left elbow around your right knee and twist looking behind you. Remember to stay tall. Hold this for 2 breaths.

Lift your left leg into a bend keeping your right leg across it. Flex your right foot and moving your hip from side to side. Repeat this movement a few times.

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6. Seated Stretch – Right Side

Extend your legs straight out in front of you. Flex your feet and lift your hands over your head. Taking a deep breath in, reach forward, bending at the waist. Drop your shoulders as your hands reach your feet or the sides of your ankles. Drop your head and hold this for 2 breaths.

Sit up slowly, bend your left knee and cross it over your right leg. Hook your right elbow around your left knee and twist looking behind you. Remember to stay tall. Hold this for 2 breaths.

Lift your right leg into a bend keeping your left leg across it. Flex your left foot and moving your hip from side to side. Repeat this movement a few times.

Sit with your legs wide. Sit up tall, reach over to the right foot reaching your left hand up over your head. Hold for a breath. Lift up, turn your heart towards your knee and bend at the waist reaching for your right foot. Hold for a breath. Repeat this same movement on the left side.
### Cool Down & Stretch

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<td>Starting at center on your back, bend your knees, and walk them up to a point where you can barely touch your heels with your fingertips. Lift your hips off your mat. If possible, reach your arms up over your head and hold this position taking a deep breath in. As you exhale, bring your arms and hips back down to your mat, slowly. Repeat a few times.</td>
<td>Roll up to a seated position. Gently press your left ear to your left shoulder. Gently pull down your head for a deeper stretch. Hold for a breath. Roll your head forward and then to the right side. Repeat the same movement.</td>
<td>Grab your right elbow above or below (never directly on the elbow) and pull your arm across your body. Hold this for 2 breaths. Repeat this same movement on the left side. Release your arms and lift them over your head. Roll out your shoulders while breathing.</td>
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