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~~Episode 1~~ 20 MIN

**LOWER BODY  
STRETCH for  
Recovery and**

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(Hamstrings,

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Full Body DEEP

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Stretching The  
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Total Body Yoga  
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Yoga With  
Adriene

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Karate Stretches

**15 MIN DAILY**

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body routine for  
tight muscles,  
flexibility**

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**I Pamela Reif 30**

*Minute Full Body*

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Why Your Knee  
Can't Bend After  
Surgery **Flexible**  
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**His Personal**  
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**Training** 15 Min  
Neck Exercises -  
Neck Pain  
Stretches for

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- Neck  
Strengthening  
Workout 7

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the Entire Body  
It's NOT Scar  
Tissue, here's  
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15 MUST DO Lower  
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Strengthening  
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Stretches 30 Min

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Lower Back and

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Exercises 10

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and more  
flexible from  
working out.

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drawings to  
better define  
the areas of the  
body you should  
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THE OFFICE to  
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helped people of  
all ages, sizes,  
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fitness increase  
their  
flexibility and  
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is more  
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