

REC FLEX

1. Jumping jacks for 30 seconds
2. Running in place for 30 seconds
3. Roll your neck into big head circles, 10 circles to the left, and 10 to the right
4. Push your arms into big arm circles; 10 forward and 10 backwards
5. Put your feet together and reach down to try to touch your toes. If you can't get down all the way, that's okay! Just reach as far as you can without letting your knees bend, and hold it for 15 seconds
6. Sit down on your bottom and bend your knees with your feet together for a butterfly stretch. Flap your 'wings' 10 times, then reach forward as far as you can and hold it for 15 seconds
7. Open your legs into a straddle position, and reach forward as far as you can, trying to keep your knees straight. The goal is to get your bellybutton flat on the floor, but just go as far as you can, and hold for 15 seconds
8. Still sitting in a straddle, put your arms in the sky, then lean over and reach to one side, trying to get your hands to touch your foot, and hold it for 15 seconds. Then reach over to the other side, hold it again for 15 seconds.
9. Put your legs together in a pike and point your toes, reach forward while keeping your legs straight and try to touch your ankles, and hold it for 10 seconds. Then flex your feet and try to touch your toes and hold it for 10 seconds.
10. Slide into your favorite leg split; keep your back knee on the floor, and your front leg looking up at the ceiling. Make sure you keep one hand on either side of your body and try to relax as much as possible. Hold it for 30 seconds, and then do the split on your opposite leg, again holding for 30 seconds.
11. Go into your middle split, take deep breaths and try to let your legs slide as far apart as they can. If you can't lay your chest on the floor, try to put your elbows on the floor instead. Relax and hold it for 30 seconds
12. Lay down on your tummy and push up into a seal stretch, trying to put your hands as close to your tummy as you can. Hold it for 10 seconds, then look backwards and try to touch your feet to your head for 10 seconds.
13. Sit on your bottom and hug your knees, then rock and roll 5 times
14. Lay down on your back and push up into your bridge, trying to get your hands and feet as close together as possible, and hold it for 10 seconds.
15. Come down and rock and roll 5 times, then push up into one more bridge and hold for 10 seconds again