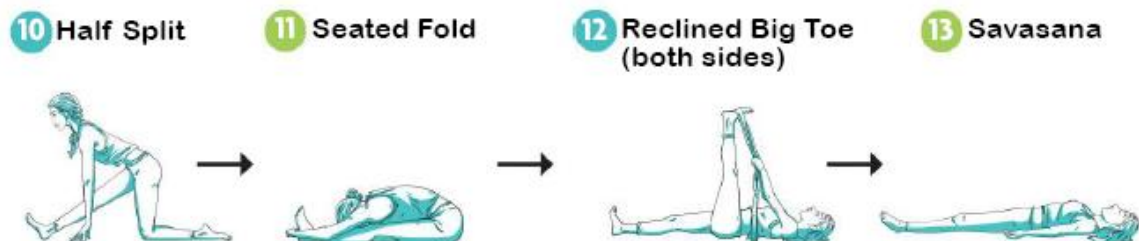
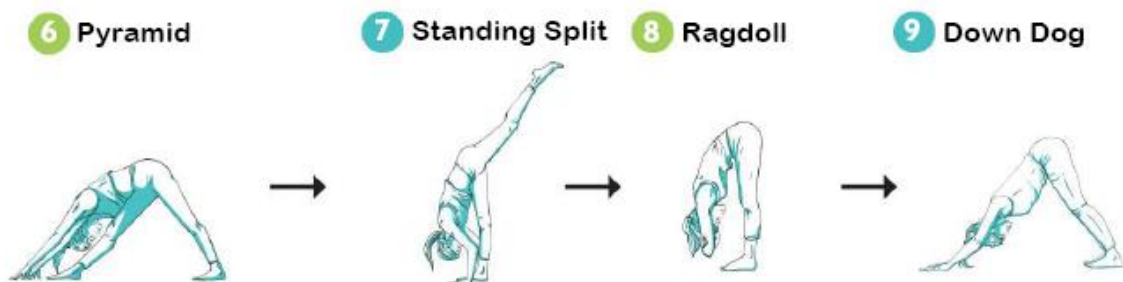
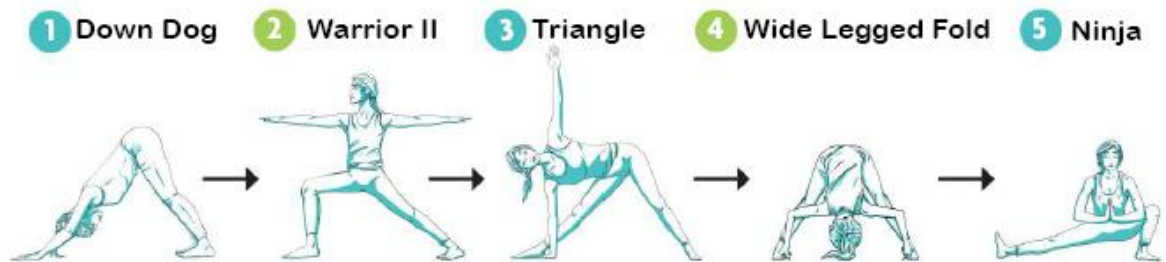




Team BWS

Yoga Routine for Tight Hamstrings

Hold each pose for 5-7 slow breaths. Repeat steps 1-10 on the opposite side before moving to step 11



Humility Enjoyment Resilience Respect Discipline