



Team BWS

# Routine for Tight Quads

Hold each pose 3-5 breaths. Repeat poses 2-8 on opposite side before moving to pose 9

1 Cat-Cow

2 Down Dog

3 Crescent

4 High Lunge

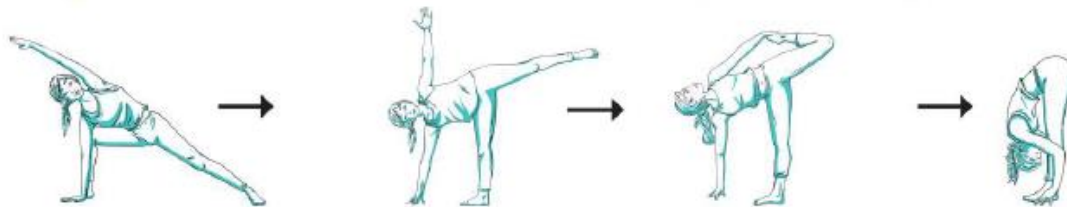


5 Side Angle

6 Half Moon

7 Sugarcane

8 Standing Fold

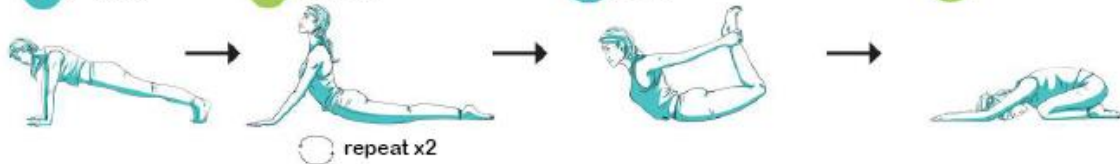


9 Plank

10 Cobra

11 Bow

12 Child's Pose



13 Hero

14 Camel

15 Child's Pose



Humility    Enjoyment    Resilience    Respect    Discipline