

# MINDFUL'S FLEX AND FLOW WORKOUT

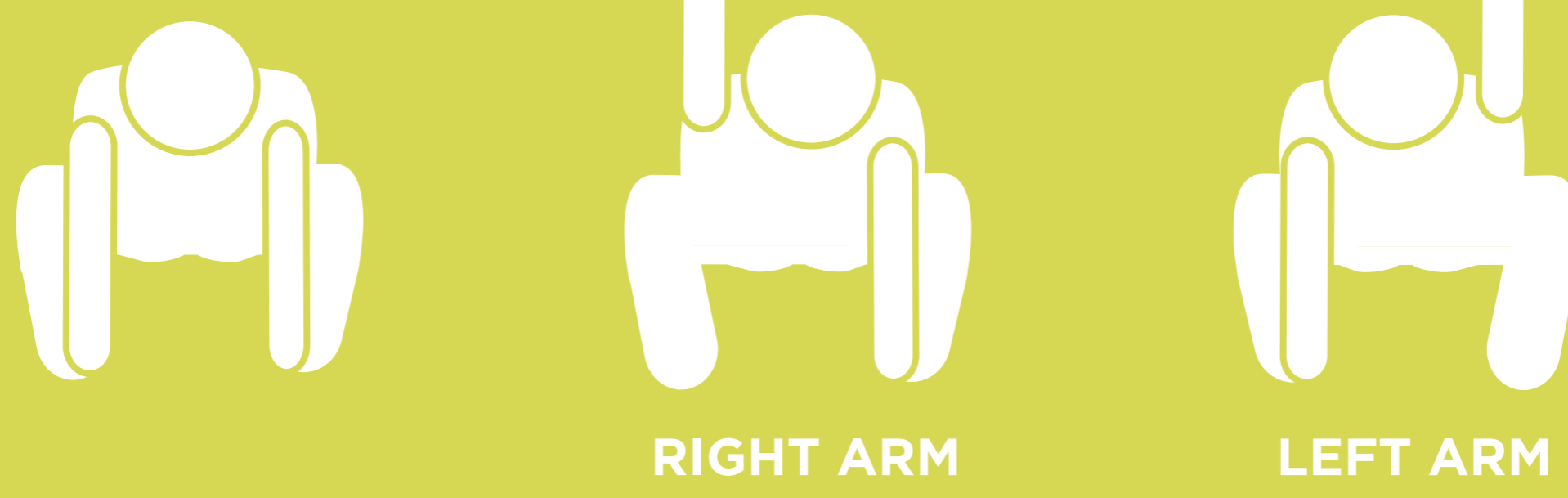


THESE 10 MOBILITY MOVEMENTS WAKE UP YOUR MIND AND BODY AND SHAKE OFF MUSCLE SORENESS.

10 REPS EACH

1

## SQUAT WITH ROTATION

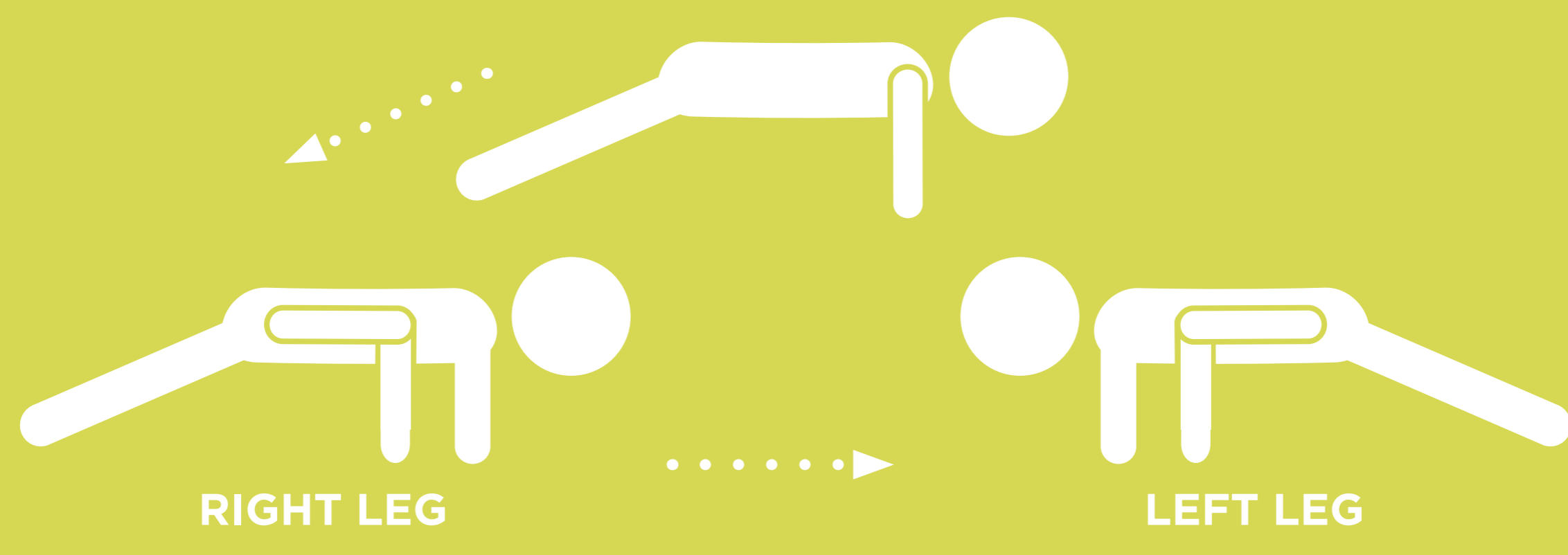


RIGHT ARM

LEFT ARM

2

## LOW LUNGE



RIGHT LEG

LEFT LEG

3

## SEATED HIP ROTATION



RIGHT LEG

LEFT LEG

4

## CAT AND COW



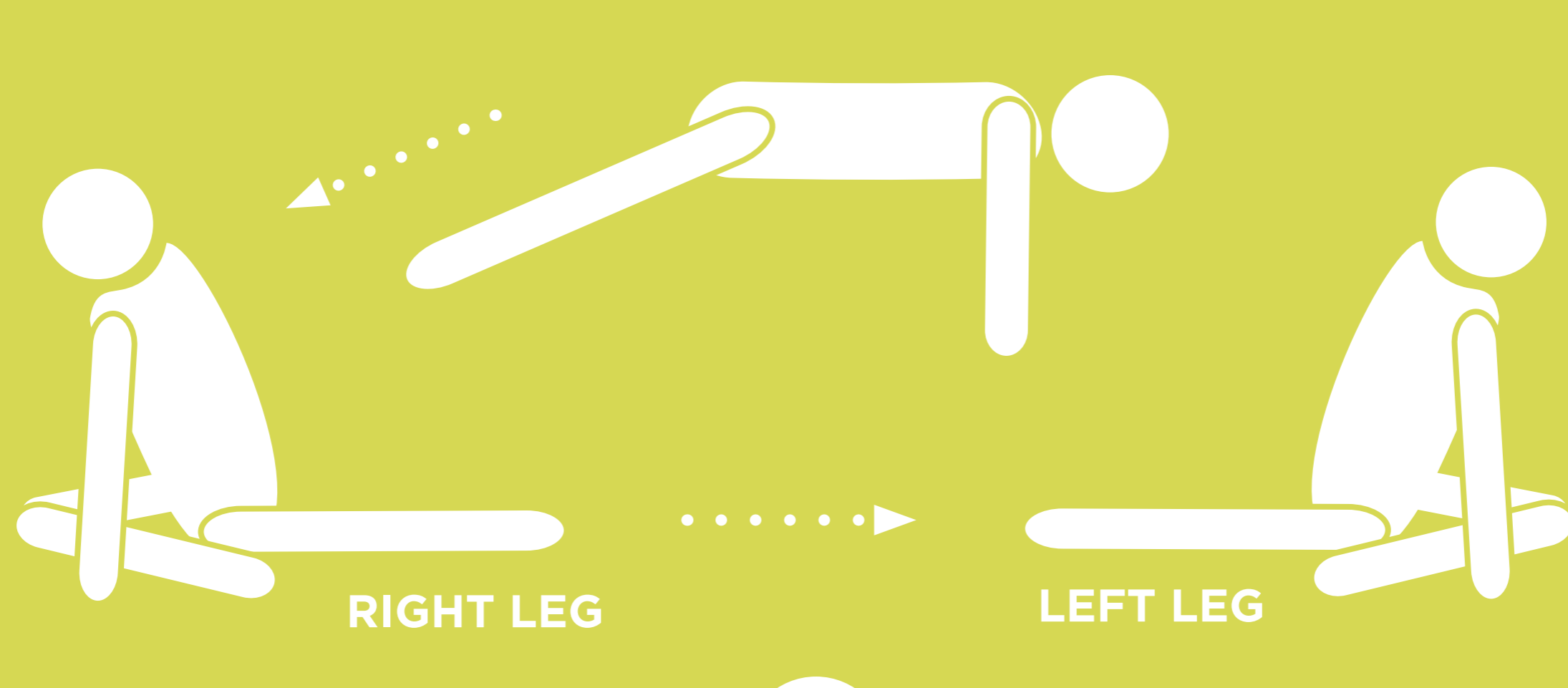
5

## DOWNWARD DOG TO COBRA



6

## PIGEON STRETCH



RIGHT LEG

LEFT LEG

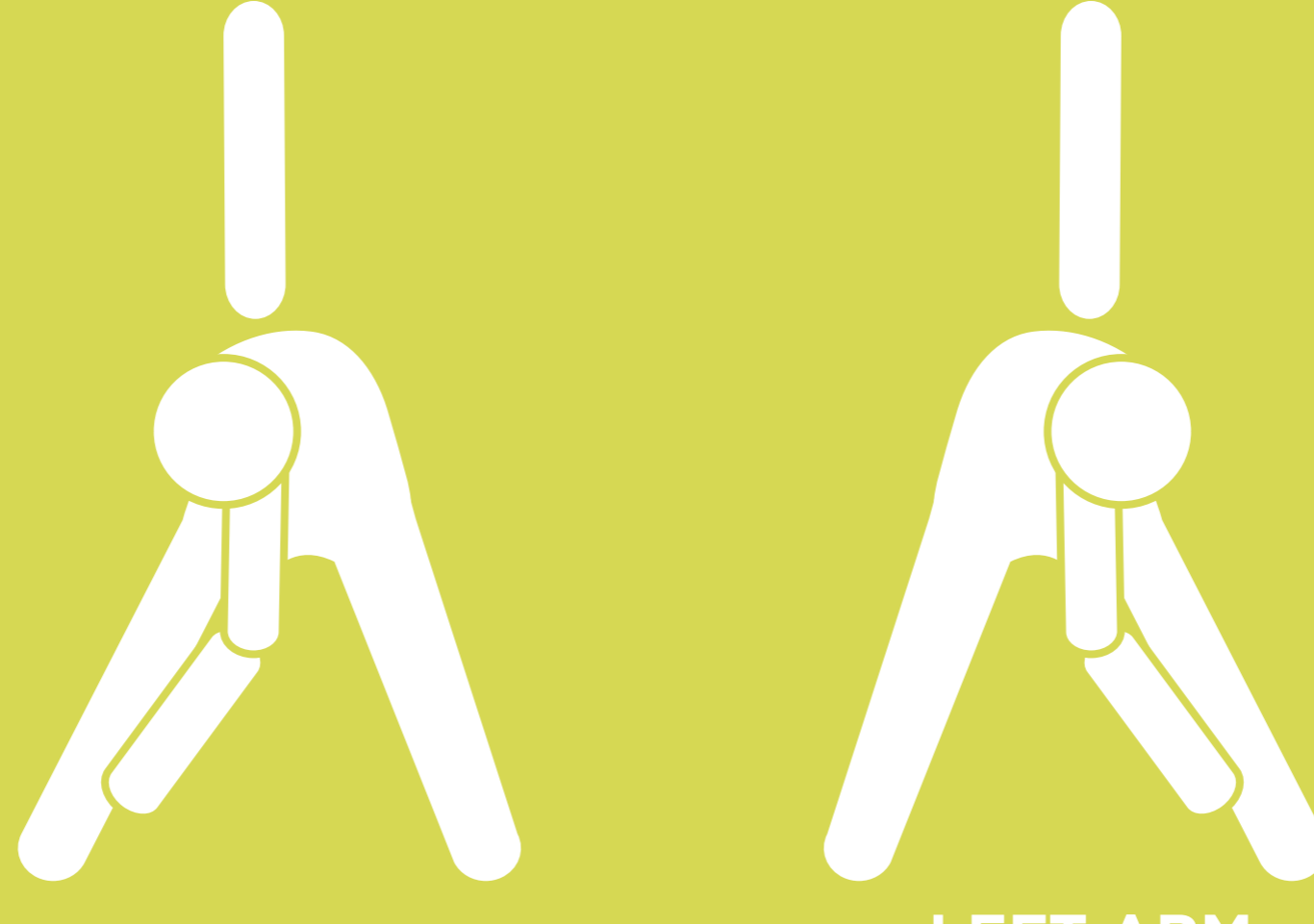
7

## PLANK WALKOUT



8

## ROTATING TOE TOUCH

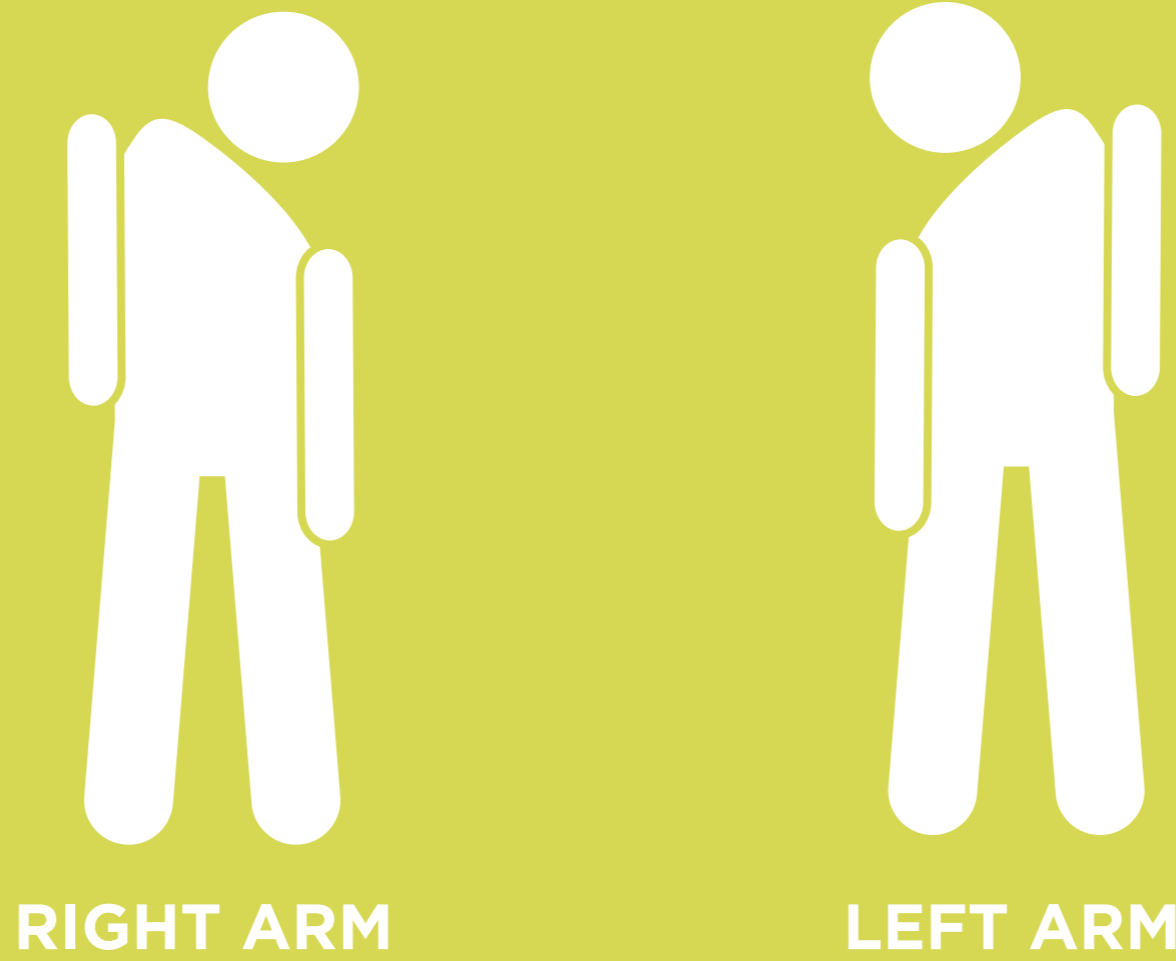


RIGHT ARM

LEFT ARM

9

## SIDE BEND

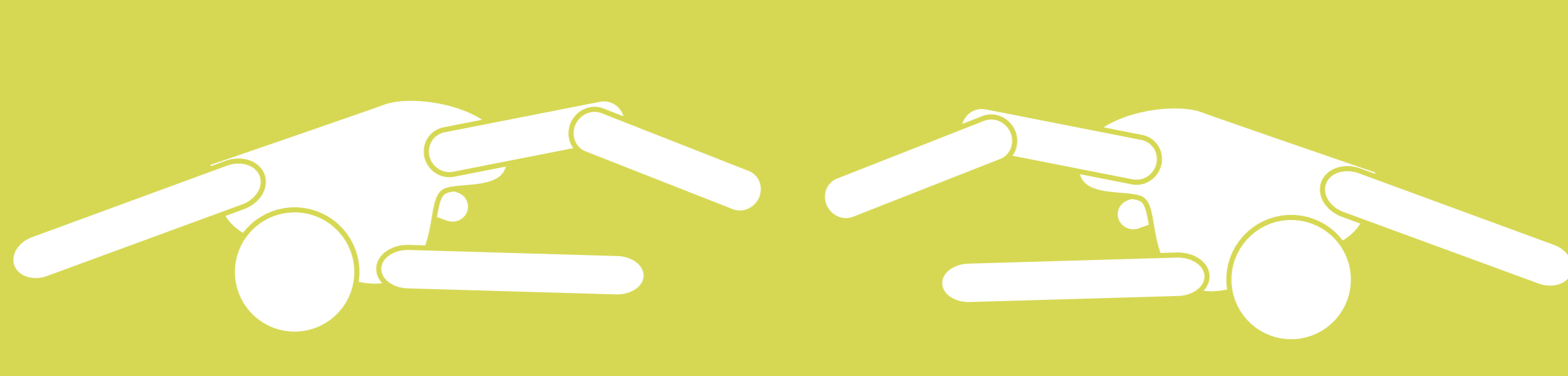


RIGHT ARM

LEFT ARM

10

## SCORPION TWIST



ROTATE RIGHT TO LEFT