

Purestretch with Beat - Album 6

Track 1 / Warm up

New Emotions

= 4 beats


QUICK TIPS

The mat is facing lengthways.

SET UP


Standing, facing the class, feet wider than hips, slight bend to the knees and tuck the pelvis under for a stronger core connection





1 16 x Arm swings from side to side (Rib Wrap) keeping the hips steady 

2 8 x Touch the floor aiming for the side of the foot (inside thigh stretch) 

3 8 X Deep breaths 

4 8 x Warrior Pose (sink in and out of the pose) 

5 8 x Hamstring Leans (square shoulders/ hips and swing arms with control) 

6 8 x Lunges (side profile) imagine feet are on a train track 

Repeat 1, 2, 3, 4, 5, 6

7 8 x Squats / 4 x Squat Pulses (feet hip distant) 

8 8 x Standing Side Reach and core 

Make a note: