

Purestretch with Beat - Album 6

Track 6 / Glutes and Quads Hurting Souls

= 4 beats

QUICK TIPS

The mat is facing short ways, have a pole to hand for those who may struggle with balance.

SET UP

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Standing, facing the class, feet hip distance apart.

- ① 4 x Up on tip toe, reach arms up, tip from hip and squat with swooping arms

○○○○ \ ○○○ \ ○○○ \ ○○○○○ \ ○○○○○

- ② 8 x Tease Leg Wrap ○○○○○○○○

- ③ Leg Wrap Pose / Airplane Pose X Deep breaths ○○○○○ \ ○○○○○

- ④ 2 x Up on tip toe, reach arms up, tip from hip and squat with swooping arms ○○○○○ \ ○○○○○

Repeat 2, 3

- ⑤ 8 x Hamstring Lift and Lengthen on right leg and hold pose on last move ○○○○○○○○

Make a note: