

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




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 

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

Make a note: