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Program Name	Refinery29 Clean Slate - Week 1
Program Description	<p>Inspired by my BBG Beginner program, this full-body workout program is designed to help you get active and get moving this new year. These workouts are all 28-minutes in length and are ideal if you are short on time or just want to get your workout done for the day - best of all you can do them anytime, anywhere.</p> <p>This BBG Beginner workout is made up of two circuits that contain four exercises each. Set a timer for seven minutes and complete the movements in Circuit 1, taking a 30-second rest at the end of each lap so you can maintain your form throughout the whole workout.</p> <p>Rest for 60 seconds before beginning Circuit 2. Repeat both circuits again for a full 28-minute workout!</p> <p>TIP: Short on time? Complete Circuit 1 and Circuit 2 for a quick 14 minute full-body workout.</p>
Workout Duration	28 minutes

5-Day Planner

Day 1	Day 2	Day 3	Day 4	Day 5
Full Body	Full Body Recovery	Legs	Lower Body Recovery	Arms & Abs

Equipment

Dumbbells	Chair	Recovery Band
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ARMS & ABS - BBG Beginner Workout - 28 minutes

Phase / Section	Exercise Name	Reps	Sets
Circuit 1	Bent-Over Row (Dumbbells, Neutral Grip)	12 reps	Complete as many laps as possible in 7 minutes.
	Incline Mountain Climber (Chair)	20 reps (10 per side)	
	Band Pull-Apart (Rec Band, Neutral Grip)	15 reps	
	Hover to Plank	12 reps	
	<i>Rest</i>	30 sec	
Circuit 2	Incline Push-Up (Toes, Chair)	12 reps	Complete as many laps as possible in 7 minutes.
	Incline Plank (Chair)	30 sec	
	Arnold Press (Dumbbells)	12 reps	
	Bent-Leg Raise	12 reps	
	<i>Rest</i>	30 sec	

Exercise Images & Instructions

Bent-Over Row (Dumbbells, Neutral Grip)

Step 1

Holding a dumbbell in each hand with a neutral grip (palms facing inwards), plant both feet on the floor shoulder-width apart. While maintaining a slight bend in your knees, hinge forward from your hips so that your torso is parallel to the floor. Extend your arms directly below your chest. This is your starting position.

Step 2

Inhale.

Exhale. Bend your elbows to bring the dumbbells in towards your body, ensuring your elbows remain in close contact with the sides of your body. You should feel a small squeeze between your shoulder blades.

Step 3

Inhale. Extend your elbows to lower the dumbbells and return to the starting position.

Repeat for the specified number of repetitions.

Incline Mountain Climber

Step 1

Place a chair in front of you.

Place both hands on the chair shoulder-width apart and keep both feet together behind you, resting on the balls of your feet. This is your starting position.

Step 2

Keeping your left foot on the floor, bend your right knee and bring it in towards your chest. Extend your right leg to return to the starting position.

Step 3

Keeping your right foot on the floor, bend your left knee and bring it in towards your chest. Extend your left leg to return to the starting position.

Continue alternating between right and left for the specified number of repetitions, inhaling for four mountain climbers and exhaling for four mountain climbers.

Band Pull-Aparts (Rec. Band, Neutral Grip)

Step 1

Plant both feet on the floor slightly further than shoulder-width apart. Hold one hand on each end of the recovery band with a neutral grip (palms facing inwards) and extend your arms directly in front of your chest, ensuring that your elbows are completely locked. This is your starting position.

Step 2

Inhale.

Exhale. Using the muscles in your shoulders and back, pull the recovery band ends outwards and backwards until your arms are in line with your shoulders. You should feel a small squeeze between your shoulder blades.

Step 3

Inhale. Hold this position briefly before gently drawing the ends of the recovery band together to return to the starting position.

Repeat for the specified number of repetitions.

Hover to Plank

Step 1

Begin on all fours on a yoga mat, toes tucked under, ensuring that your knees are below your hips and your hands below your shoulders. Your spine should be in a neutral position with your shoulder blades down and back.

Inhale as you gently draw your ribs to your hips to engage your core, and elevate both of your knees until they are hovering just off the mat. As you hold this position, you should feel a slight tension in your core and upper back muscles. This is your starting position.

Step 2

Step your feet towards the back of the mat, one at a time, so that your legs are completely extended behind you, resting on the balls of your feet. Your upper body should maintain the same position throughout this exercise.

Step 3

Step your feet forwards, one at a time, to return to the starting position. Ensure that your feet remain shoulder-width apart and your knees are hovering just off the mat.

Continue for the specified number of repetitions or time, controlling your breathing throughout.

Incline Push-Up (Toes, Chair)

Step 1

Place a chair horizontally in front of you.

Place both hands on the chair slightly further than shoulder-width apart with feet together on the floor behind you, resting on the balls of your feet with your glutes engaged. This is your starting position.

Step 2

Inhale and brace your core. While maintaining a neutral spine, bend your elbows and lower your torso towards the chair until your arms form two 90-degree angles.

Step 3

Exhale and push through your chest and extend your elbows to lift your body back into the starting position. Ensure you are pressing away from the chair as much as possible.

You should feel tension in your triceps and shoulders throughout the exercise.

Repeat for the specified number of repetitions.

Incline Plank (Chair, Toes)

Step 1

Begin by placing your forearms (wrist to elbow) firmly on a chair, ensuring that your elbows are directly below your shoulders. Extend both legs behind you, resting on the balls of your feet, this is your starting position.

Gently draw your ribs to your hips to engage your core and ensure that your spine remains in a neutral position.

Hold this position for the specified amount of time, ensure that you continue to breathe throughout.

Arnold Press (Dumbbells)

Step 1

Holding two dumbbells with an underhand grip (palms facing towards your body) directly in front of your chest, plant both feet on the floor slightly further than shoulder-width apart. This is your starting position.

Step 2

Inhale.

Exhale. Using the muscles in both your shoulders and arms, extend your elbows to press the dumbbells above your head, rotating your wrists outwards to turn your palms away from your body. Your arms should be in line with your ears on either side of your head.

Step 3

Inhale. Once your arms are fully extended, bend your elbows to lower the dumbbells into your chest and rotate your wrists inwards to return to the starting position.

Repeat for the specified number of repetitions.

Bent-Leg Raise

Step 1

Start by lying on your back on a yoga mat with your hands beneath your coccyx. Engage your abdominal muscles by drawing your belly button in towards your spine and elevate your legs off the mat slightly. This is your starting position.

Step 2

Inhale. Bend your knees and using your abdominals, draw them in towards your chest, ensuring that your feet stay together.

Step 3

Exhale. Slowly extend your legs to return to the starting position.

Repeat for the specified number of repetitions.

LEGS - BBG Beginner Workout - 28 minutes

Phase / Section	Exercise Name	Reps	Sets
Circuit 1	Goblet Reverse Lunge (Dumbbell)	16 reps (8 per side)	Complete as many laps as possible in 7 minutes.
	Sit Squat (Chair)	12 reps	
	Hover Leg Extension	16 reps (8 per side)	
	Glute Bridge	12 reps	
	<i>Rest</i>	30 sec	
Circuit 2	Double-Pulse Squat	12 reps	Complete as many laps as possible in 7 minutes.
	Static Lunge	16 reps (8 per side)	
	Extended Side Plank (Knees)	40 sec (20 per side)	
	Donkey Kick	16 reps (8 per side)	
	<i>Rest</i>	30 sec	

Exercise Images & Instructions

Goblet Reverse Lunge (Dumbbell)

Step 1

Holding a dumbbell with both hands directly in front of your chest, plant both feet on the floor shoulder-width apart. This is your starting position.

Step 2

Inhale. Carefully take a big step backwards with your right foot. As you plant your right foot on the floor, bend both knees to approximately 90-degrees, ensuring that your weight is evenly distributed between both legs. When done correctly, your front knee will be aligned with your ankle and your back knee will be hovering just off the floor.

Step 3

Exhale. Extend both knees and transfer your weight completely onto your left foot. Step your right foot forward to return to the starting position.

Complete half of the specified number of repetitions on the same side, before completing the remaining repetitions on the other side.

Sit Squat (Chair)

Step 1

Place a chair behind you and plant both feet on the floor hip-width apart.

Step 2

Inhale. Looking straight ahead, bend at both the hips and knees, ensuring that your knees remain in line with your toes. Continue bending your knees until you are able to sit on the chair behind you,

ensuring that your back remains within a 45- to 90-degree angle to your hips. Lean back slightly to sit up tall.

Step 3

Exhale. Push through your heels and extend your legs to return to the starting position.

Repeat for the specified number of repetitions.

Hover Leg Extension

Step 1

Begin on all fours on a yoga mat, toes tucked under, ensuring that your knees are below your hips and your hands below your shoulders. Your spine should be in a neutral position with your shoulder blades down and back.

Inhale as you gently draw your ribs to your hips to engage your core, and elevate both of your knees until they are hovering just off the mat. As you hold this position, you should feel a slight tension in your core and upper back muscles. This is your starting position.

Step 2

Exhale as you release and extend your left leg behind you until your thigh is in line with your spine, ensuring that your foot remains flexed.

Step 3

Inhale as you lower your left leg to return to the starting position, but without resting your knee on the mat.

Alternate between sides for the specified number of repetitions.

Glute Bridge

Step 1

Start by lying flat on your back on a yoga mat. Bend your knees and position your feet firmly on the mat, ensuring that they are hip-width apart and your spine is in a neutral position. Allow your arms to rest by your sides on the mat. This is your starting position.

Step 2

Inhale.

Exhale. Press your heels into the mat, activate your glutes and raise your pelvis off the floor until your body forms one straight line from chin to knee, resting on your shoulders.

Step 3

Inhale. Lower your pelvis to return to the starting position.

Repeat for the specified number of repetitions.

Static Lunge

Step 1

Plant both feet on the floor in a split stance with your left leg forward and your right leg back,

ensuring that your feet are shoulder-width apart. This is your starting position.

Step 2

Inhale. Bend both knees to approximately 90 degrees. If done correctly, your front knee should be aligned with your ankle and your back knee should be hovering just off the floor.

Step 3

Exhale. Extend both knees to return to the starting position.

Complete half of the specified number of repetitions on the same side, before completing the remaining repetitions on the other side.

Double-Pulse Squat

Step 1

Plant both feet on the floor shoulder-width apart. This is your starting position.

Step 2

Inhale. Looking straight ahead, bend at both the hips and knees, ensuring that your knees remain in line with your toes. Continue bending your knees until your upper legs are parallel with the floor. Ensure that your back remains between a 45- to 90-degree angle to your hips. This is called full squat position.

Step 3

Push through your heels and extend your legs slightly. Bend your knees to return to full squat position.

Step 4

Exhale. Push through your heels and extend your legs to return to the starting position.

Repeat for the specified number of repetitions.

Extended Side Plank (Knees)

Step 1

Start by lying lengthways on your left side along a yoga mat. Place your left forearm firmly on the floor, ensuring that your elbow is directly below your shoulder and that your forearm is parallel to (in line with) the short edge of your mat.

Bending your left knee, extend and elevate your right leg to hip height, ensuring your torso is in a straight line. Gently draw your ribs to your hips to engage your core and using your obliques, gently raise your hips off the mat and extend your right arm above your head.

Hold this position for the specified amount of time, breathing deeply throughout.

Donkey Kick

Step 1

Start on all fours on a yoga mat. Ensure that your knees are below your hips and your hands are below your shoulders. Set your spine in a neutral position and draw your shoulder blades down and back.

Step 2

Inhale.

Exhale. Keeping your knee bent, release and elevate your left leg until your thigh is in line with your spine, ensuring that your foot remains flexed.

Step 3

Inhale. Lower your left leg to return to the starting position, but without resting your knee on the mat.

Complete half of the specified repetitions on the same side, before repeating the remaining repetitions on the other side.

FULL BODY - BBG Beginner Workout - 28 minutes

Phase / Section	Exercise Name	Reps	Sets
Circuit 1	Four-Point Arm & Leg Extension	12 reps (6 per side)	Complete as many laps as possible in 7 minutes.
	Lay-Down Push-Up (Knees)	12 reps	
	Squat	12 reps	
	Caterpillar Walk	10 reps	
	<i>Rest</i>	30 sec	
Circuit 2	Incline Plank Rocks (Chair)	12 reps	Complete as many laps as possible in 7 minutes.
	Bent-Over Row (Dumbbells, Overhand)	12 reps	
	Side Raise (Dumbbells)	12 reps	
	Split Squat	10 reps	
	<i>Rest</i>	30 sec	

Exercise Images & Instructions

Four-Point Arm & Leg Extension

Step 1

Starting on all fours on a yoga mat, ensure that your knees are below your hips and your hands are below your shoulders. Set your spine in a neutral position and draw your shoulder blades down and back. This is your starting position.

Step 2

Inhale.

Exhale. Release and elevate your right arm and left leg until they are in line with your spine, ensuring that your shoulders and hips remain parallel to (in line with) the floor.

Step 3

Inhale. Lower your right arm and left leg to return to the starting position.

Step 4

Exhale. Release and elevate your left arm and right leg until they are in line with your spine, ensuring that your shoulders and hips remain parallel to (in line with) the floor.

Step 5

Inhale. Lower your left arm and right leg to return to the starting position.

Continue alternating between sides for the specified number of repetitions.

Lay-Down Push-Up (Knees)

Step 1

Place both hands on the mat slightly further than shoulder-width apart, and your feet together on the mat behind you, resting on your knees. This is your starting position.

Step 2

Inhale. While maintaining a neutral spine, bend your elbows and lower your torso to the mat.

Step 3

Extend both arms out in front of you. Bring your arms in towards your body and place your hands on the mat on either side of your chest.

Step 4

Exhale. Push through your chest and extend your elbows to lift your body back into the starting position.

Repeat for the specified number of repetitions.

Squat

Step 1

Plant both feet on the floor shoulder-width apart. This is your starting position.

Step 2

Inhale. Looking straight ahead, bend at both the hips and knees, ensuring that your knees remain in line with your toes. Continue bending your knees until your upper legs are parallel with the floor. Ensure that your back remains within a 45- to 90- degree angle to your hips.

Step 3

Exhale. Push through your heels and extend your legs to return to the starting position.

Repeat for the specified number of repetitions.

Caterpillar Walk

Step 1

Plant both feet on the floor slightly further than shoulder width apart. Looking straight ahead, bend at both the hips and knees, and place your hands on the floor directly in front of your feet.

Step 2

Without moving your feet, walk both of your hands forwards. Continue walking your hands forwards until you are in push up position with both legs extended behind you, resting on the balls of your feet.

Step 3

Without moving your feet, walk both of your hands back towards your feet.

Repeat for the specified number of repetitions.

Incline Plank Rocks (Chair)

Step 1

Place your forearms (wrist to elbow) firmly on a chair, ensuring that your elbows are directly below your shoulders. Extend both legs behind you, resting on the balls of your feet. Brace your core and ensure that your spine remains in a neutral position. This is your starting position.

Keeping your core engaged, rock your entire body forward coming more onto your toes, allowing your shoulders to move past your elbows. Return back to the starting position. Try to prevent your hips from dropping throughout the movement, ensuring you are breathing deeply throughout. You should feel tension in your abdominals during the movement.

Repeat for the specified amount of repetitions or time.

Bent-Over Row (Dumbbells, Overhand)

Step 1

Holding a dumbbell in each hand with an overhand grip (palms facing toward your body), plant both feet on the floor shoulder-width apart. While maintaining a slight bend in your knees, hinge forward from your hips so that your torso is parallel to the floor. Extend your arms directly below your chest. This is your starting position.

Step 2

Inhale.

Exhale. Bend your elbows to bring the dumbbells in towards your body, ensuring your elbows remain in close contact with the sides of your body. You should feel a small squeeze between your shoulder blades.

Step 3

Inhale. Extend your elbows to lower the dumbbells and return to the starting position.

Repeat for the specified number of repetitions.

Side Raise (Dumbbells)

Step 1

Holding a dumbbell in each hand in a neutral grip (palms facing inwards) and arms extended by your sides, plant both feet on the floor shoulder-width apart. This is your starting position.

Step 2

Inhale.

Exhale. While maintaining a slight bend in your elbows, raise the dumbbells outwards and upwards to shoulder height, ensuring that you draw your shoulder blades down and back.

Step 3

Inhale. Lower the dumbbells to return to the starting position.

Repeat for the specified number of repetitions.

Split Squat

Step 1

Plant both feet together on the floor. This is your starting position.

Step 2

Inhale.

Exhale. Push through your heels and propel your body upwards into the air, extending your legs beneath you. Reposition your legs to land in a sumo squat position with your feet slightly further than shoulder-width apart, ensuring that you maintain 'soft' knees to prevent injury.

Bend your knees until your upper legs are parallel with the floor, ensuring that your back remains within a 45- to 90-degree angle to your hips.

Step 3

Inhale. Push through your heels and propel your body upwards into the air, extending your legs beneath you. Reposition your legs to land in the starting position.

Repeat for the specified number of repetitions.

FULL BODY RECOVERY - 10-15 minutes

Phase / Section	Exercise Name	Reps	Sets
Recovery	Glutes	60 SEC (30 per side)	List - Complete once through.
	TFL	60 SEC (30 per side)	
	Traps (Thoracic)	40 SEC	
	Four-Point Thoracic Rotation	12 REPS (6 per side)	
	Single-Leg Straight Leg Raise	16 REPS (8 per side)	
	Glutes (Figure 4 Stretch)	80 SEC (40 per side)	
	Wide Child's Pose	40 SEC	
	Hip Flexor	80 SEC (40 per side)	

Exercise Images & Instructions

Glutes (Foam Roller)

Step 1

Position the foam roller horizontally behind you. Carefully sit on top of the foam roller and place both hands on the floor behind you.

Lift and turn out your right leg so that your ankle is resting on your left leg just above your knee, as shown. Gently tilt your hips to the right to allow the foam roller to press into your right gluteal.

Slowly roll the foam roller along the length of your gluteal. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your gluteal, pausing on trigger points as needed.

Repeat on your left gluteal.

TFL (Foam Roller)

Step 1

Position the foam roller parallel to the left side of your body and place your left hand on the floor on the outer side of the roller.

Extend your left leg as shown, and allow the foam roller to press into your left TFL (directly below your hip).

Slowly roll the foam roller along the length of your TFL. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you

would prefer.

Continue to roll down the length of your TFL, pausing on trigger points as needed.

Repeat on your right side.

Traps (Foam Roller)

Step 1

Position the foam roller horizontally behind you. Bend your knees and position your feet firmly on the floor and lay back onto the foam roller so that your upper back is resting on it.

Twist your upper body slightly to the right so that the foam roller is pressing into your right trapezius (muscle to the right of your spine). This may require you to lift your hips slightly off of the floor, as shown.

Slowly roll the foam roller along the length of your trapezius. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your trap until you reach the bottom of your shoulder blade, pausing on trigger points as needed. Do not foam roll your lower back.

Repeat on your left side.

Four-Point Thoracic Rotation

Step 1

Start on all fours ensuring that your knees are below your hips and your hands are below your shoulders. While maintaining a neutral spine and stabilising through your abdominals, place your left hand on the back of your head, drawing your shoulder blades down and back.

While keeping your lower body as still as possible, rotate your torso to bring your left elbow towards your right elbow. This is your starting position.

Step 2

Inhale. Slowly rotate your torso to open your chest and point your elbow towards the ceiling, or as far as you can while maintaining a neutral spine and keeping your lower body as still as possible.

Step 3

Exhale. Rotate your torso towards your right elbow to return to the starting position.

Complete half of the specified repetitions on the same side, before completing the remaining repetitions on the other side.

Single-Leg Straight-Leg Raise (Rec. Band)

Step 1

With a recovery band looped around one foot, lie on your back on a yoga mat. Ensure that the recovery band is in good condition and securely anchored around your foot to avoid injury. Engage

your abdominal muscles by drawing your belly button in towards your spine. Keeping your feet flexed, slowly raise your legs off the floor until they form a 90-degree angle with your hips. This is your starting position.

Step 2

Inhale and keeping your core engaged, slowly lower the leg not secured by the recovery band until it is slightly off the floor.

Exhale and raise your leg to return to the starting position.

Repeat for the specified number of repetitions or time on each side.

Glutes (Figure 4)

Step 1

Begin in a seated position on a yoga mat with your legs out in front of you, with your feet planted on the mat. Press your hands and feet into the floor to elevate your hips. Lift your left leg and turn out your left knee to place your ankle on your right leg just above your knee.

Slowly lower your hips to return to a seated position.

Hold this position for the specified amount of time, breathing deeply throughout.

Repeat this stretch on the other side.

Wide Child's Pose

Step 1

Starting on all fours on a yoga mat, ensure that your knees are wider than your hips and your hands are below your shoulders.

Draw your glutes towards your heels and lower your torso towards your thighs. At the same time, extend your arms along the mat as far forward as comfortable. Draw your shoulder blades down and back.

Hold this position for the specified amount of time, breathing deeply throughout.

Hip Flexor

Step 1

Begin in a kneeling position on a yoga mat.

Release your right leg and take one large step forwards so that you are in a lunge position. Ensure that your front knee is not further forward than your toe. If it is, then you will need to take a bigger step forward.

Keeping your torso upright, push your hips forwards so that you feel a stretch along the front of your right leg.

Hold this position for the specified amount of time.

Repeat this stretch with your left leg forward.

LOWER BODY RECOVERY - 10-15 minutes

Phase / Section	Exercise Name	Reps	Sets
Recovery	Glutes	60 SEC (30 per side)	List - Complete once through.
	Calves (Foam Roller)	60 SEC (30 per side)	
	Hamstrings (Foam Roller)	60 SEC (30 per side)	
	Single-Leg Straight Leg Raise (Rec. Band)	16 REPS (8 per side)	
	Calves & Hamstrings	80 SEC (40 per side)	
	Abductors (V-Sit)	40 SEC	
	Hip Flexor	80 SEC (40 per side)	
	Quads	80 SEC (40 per side)	

Exercise Images & Instructions

Glutes (Foam Roller)

Step 1

Position the foam roller horizontally behind you. Carefully sit on top of the foam roller and place both hands on the floor behind you.

Lift and turn out your right leg so that your ankle is resting on your left leg just above your knee, as shown. Gently tilt your hips to the right to allow the foam roller to press into your right gluteal.

Slowly roll the foam roller along the length of your gluteal. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your gluteal, pausing on trigger points as needed.

Repeat on your left gluteal.

Calves (Foam Roller)

Step 1

Position the foam roller horizontally in front you. Extend both legs and place on top of the roller, crossing your left ankle over your right.

Allow the foam roller to press into the lowest part of your right calf muscle (about 10cm above your ankle). This may require you to lift your body off of the floor.

Slowly roll the foam roller along the length of your calf. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is

significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your calf, pausing on trigger points as needed.

Repeat on your left calf.

Hamstrings (Foam Roller)

Step 1

Position the foam roller horizontally in front of you. Extend your left leg and place it on top of the roller, planting your right foot on the floor with your knee bent.

Allow the foam roller to press into the middle part of your hamstring muscle (about 10cm below your glute). This may require you to lift your body off the floor.

Slowly roll the foam roller along the length of your hamstring. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your hamstring, pausing on trigger points as needed.

Repeat on the other side.

Single-Leg Straight-Leg Raise (Rec. Band)

Step 1

With a recovery band looped around one foot, lie on your back on a yoga mat. Ensure that the recovery band is in good condition and securely anchored around your foot to avoid injury. Engage your abdominal muscles by drawing your belly button in towards your spine. Keeping your feet flexed, slowly raise your legs off the floor until they form a 90-degree angle with your hips. This is your starting position.

Step 2

Inhale and keeping your core engaged, slowly lower the leg not secured by the recovery band until it is slightly off the floor.

Exhale and raise your leg to return to the starting position.

Repeat for the specified number of repetitions or time on each side.

Calves & Hamstrings

Step 1

While seated on a yoga mat, extend both legs out in front of you. Lift and turn out your left leg so that your foot is resting against the inside of your right leg.

Bending from the hips, reach for your right foot with your right hand (or the action of). If you can reach your toe, gently pull it back towards you. To increase the stretch, attempt to lower your torso towards your right leg, once again ensuring that you are bending from the hips.

Hold this position for the specified amount of time.

Repeat the stretch with your left leg.

Abductors (V-Sit)

Step 1

While seated on a yoga mat, extend both legs out in front of you. Move both legs outwards as wide as they can go.

Sit up tall and place both hands on the floor in front of you. Bending from the hips and keeping both hands on the floor, reach as far forward as possible,

Hold this position for the specified amount of time.

Each time that you exhale, try and walk your hands out a little further to gradually increase the stretch.

Hip Flexor

Step 1

Begin in a kneeling position on a yoga mat.

Release your right leg and take one large step forwards so that you are in a lunge position. Ensure that your front knee is not further forward than your toe. If it is, then you will need to take a bigger step forward.

Keeping your torso upright, push your hips forwards so that you feel a stretch along the front of your right leg.

Hold this position for the specified amount of time.

Repeat this stretch with your left leg forward.

Quads

Step 1

Plant both feet on the floor slightly further shoulder-width apart.

Bend your left knee and bring your foot back directly behind you so that you can hold it with your left hand. You should feel a stretch in the front of your left leg.

Hold this position for the specified amount of time. If you're struggling to balance, focus on a spot directly ahead of you or extend your right arm.

Repeat this stretch with your right leg.