



TRAVEL

WORKOUT _____

A QUICK STRETCH FOR WHEN YOU ARE ON THE GO:

When we stretch often we lessen tightness in our muscles, reduce pain in our entire body and we increase our energy. Do these exercises when you are traveling and don't have access to your computer or devices to stay limber and on track with your progress.

- Each stretch should be done for 30-60 seconds
- Make sure not to push through pain
- Challenge yourself to go deeper every time you do this
- Inhale & exhale consistently trying not to hold your breath





Finish laying on the mat for 3-5 minutes & relax



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