

YOU-fit:

Exercises for EveryBODY

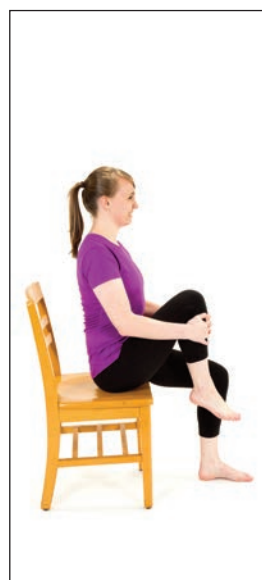
Mountain



Side Bend



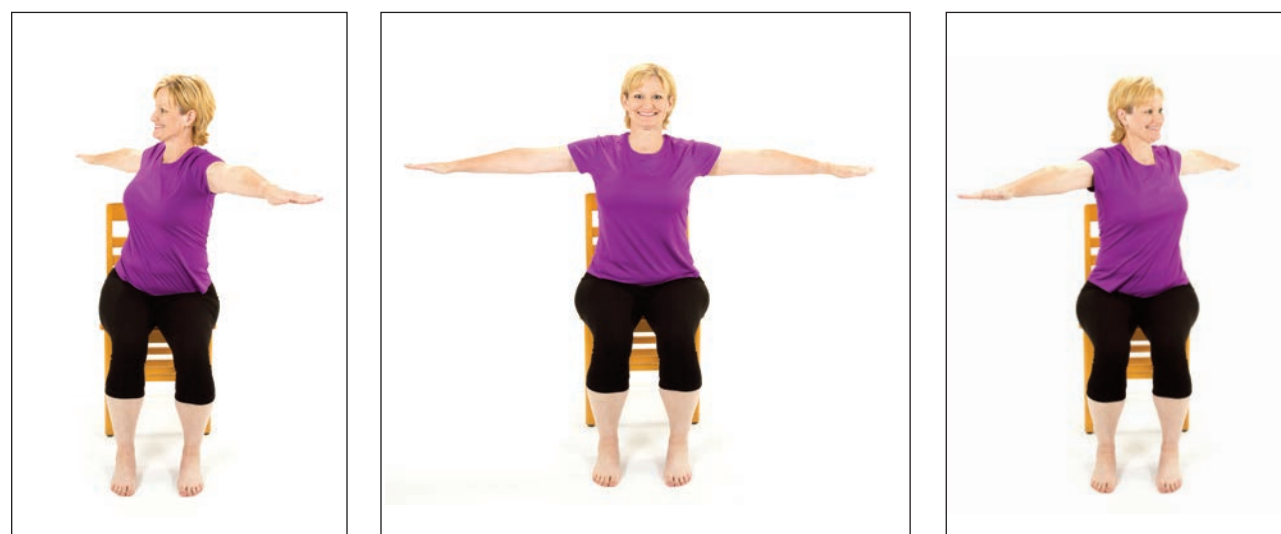
Knee Hug



Cow/Cat



Helicopter



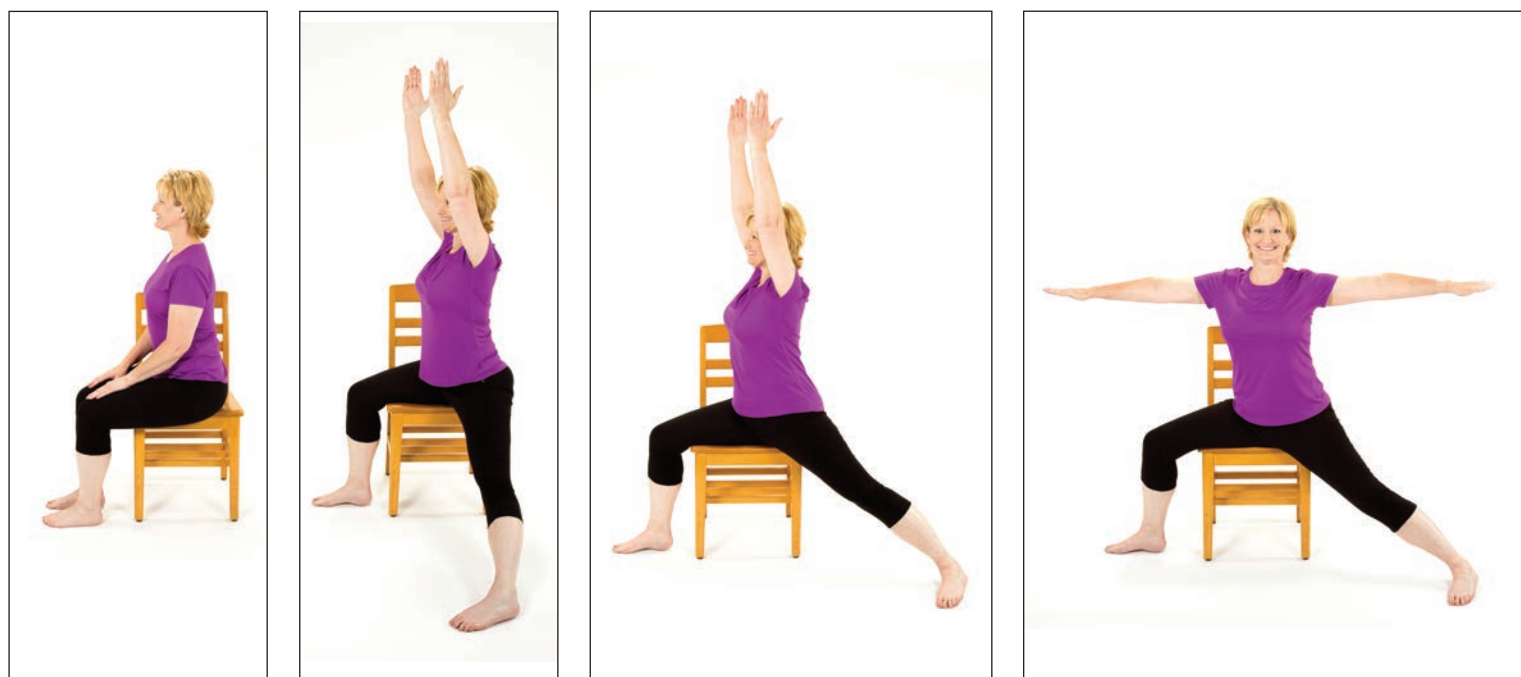
Half-Forward Fold



Reverse Chair



Warrior Series



Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch

