**Yoga + Stretch**

This routine is designed to develop strength and flexibility. The first few times may be difficult if you are not that flexible. This is the best way to tone and build muscle. By increasing the range of motion, your body will be able to recover faster and perform better. Focus on your breathing, and hold each stretch for a minimum of 60 seconds.

After stretching, focus on your breathing for 5-10 minutes by laying on the ground with your eyes closed. Try not to fall asleep!

**Equipment**
- Water
- Mat

1. Touch Your Toes
2. Standing Quadriceps Stretch
3. Side Lunge
4. Downward Dog
5. Cobra
6. Bridge
7. Butterfly
8. Shoulder Strangle
9. Hand Down Spine
10. Neck Rolls
11. Repeat Routine*

*As a Bonus Round*

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