## 1. Turn & Open

### 20 Total Turns
- Base stance, feet as wide as hips
- Arms at shoulder height in front of the chest, palms facing each other
- **Open** your right arm behind you, **turning** your torso to the right, eyes following your hand
- Return to center, then open your left arm behind you and turn your torso to the left.

## 2. Sit & Reach

### 20 Total Reaches
- Base stance, feet as wide as hips
- **SIT** hips back and squat, hands touch knees
- Stand up, pushing through feet and **REACH** one arm straight up
- Lift the rib cage away from hips and follow your hand with your eyes
- Sit and squat again, reach the other arm up

## 3. Reach & Rock

### 20 Total Reaches
- Split stance, one foot slightly in front of the other
- Arms up, palms facing forward and elbows flexed to 90 degrees at ear height
- Lean to one side, **reach** your arm up and across, your bicep by your ear
- Hips can move/rock freely, feel the stretch under your rib cage and along your sides
- Switch foot position after 10 reps and repeat on the other side

## 4. Stand & Bob

### 20 Total Bobs
- Hands on hips, **stand** on one leg, shoulders over hips
- Engage the core, lean or “Bob” the upper body forward slowly leading with the nose
- Return to the starting position, shoulders over hips
- Put one toe on the ground for stability and balance if needed
- Switch standing legs after 10 bobs

## 5. March & Cross

### 20 Total Crosses
- Facing forward, hands to the side, march in place
- While **MARCHING**, turn the torso and reach the arm **ACROSS** the body towards the opposite knee
- Keep posture tall, shoulders over hips
- 20 total march and crosses