

Set pause: 0

## **SUPERSET**

**Head Circles (each way)**

**Shoulder Circles (each way)**

**Arm Circles (each way)**

**Hip Circles (each way)**

**Knee Circles (each way)**

**Knee Circles feet apart (each way)**

**Squat Hip Rotations**

**Toe Stretch**

**Buddha Prayers**

**Squat Bows**

**Basic Bodyweight Squats**

**Horse Stance Squats**

**Two Pike, Two Squats**

**Straight leg Calf Raises**

**Outward leg Calf Raises**

**Inward leg Calf Raises**

1

10-30 of all  
exercises  
repetitions