

MTLRSW3.mp4

[00:00:01] And we're going to start off with stretching up to the ceiling. Nice big big big stretch. And then, down to the chair. And up again and down. Three, four, five, six, seven, eight, nine, ten.

[00:00:39] Legs appart arms out like this. I bend up, we'll do five of those. Two, up, three, four, and five. And we're going to give our backs a stretch. One, two, three, four, five, six, seven, eight, nine, ten.

[00:01:19] Up to the ceiling, and relax.