

Muscle Group	Description	Duration
Feet	Heel sit	30-60 seconds
Shins	Pointed toe	30 sec/foot
Calves	Down dog, or against wall	60 seconds
Hamstrings	Seated, with or without strap	60 seconds
Hip Flexor	Kneeling	30-60 sec/leg
Hip Abductor	Standing cross	30 sec/leg
Glute	Seated cross	30 sec/leg
Quad	Standing	30-60 sec/leg
Core	Upward facing dog or cobra	30-60 sec
Shoulder Opener	Laying on prop	60 sec
Tricep	Above head	30 sec/arm
Wrists/forearms	Alternate hand flex	15-30 sec per position/arm