

AIRPLANE WORKOUT

BY DAREBEE © darebee.com



4 side-to-side turns



2 neck stretch



4 side-to-side tilts



4 shoulder rotations



10-count
straight back hold



10-count
shoulders back hold



10-count
half twist hold (each side)



10-count
overhead stretch hold



10-count knee raise hold



4 calf raises



4 toe curls



4 side tilts