

AIRPLANE WORKOUT

BY DAREBEE © darebee.com



4 side-to-side turns



2 neck stretch



4 side-to-side tilts



4 shoulder rotations



10sec
straight back hold



10sec
shoulders back hold



5sec
half twist hold (each side)



5sec
overhead stretch hold



10sec knee raise hold



4 calf raises



4 toe curls



4 side tilts