

AUGUST DAILY

RED: 20 Push Ups

ORANGE: 10 Sink Squats

YELLOW: 10 Rainbows

GREEN: 10 Side Leg Lifts

BLUE: 30 Seconds Flat Back Stretch

INDIGO: 10 Waist Whittles

VIOLET: Legs **Up** Hamstring Stretch!

Breathe in The Violet Stretch till you feel Good.