

Five Minute Stretch: Easy Routines to Tone Your Body and Relax Your Mind (The five minute series)

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If you can fit in all four of them in a quick five-minute morning movement session, all of your subsequent movements throughout the day will be more efficient and more in harmony with the way your body is designed to move. (B) Exhale and bend at your waist, letting your hands stretch toward your head. Hold for five deep breaths. For maximum stretch potential try Lululemons In Movement short that comes with four-way stretch, and is both sweat-wicking and cool to the touch. This way, you can feel more comfortable working out both at home or at any hot yoga class. So, join us. Get more bendy, laser-focus your mind, and breathe like a master with our selection of the best yoga apps on the iPhone and Android app stores. 5-minute wake-up workout. Start your day feeling on top of the world with this five-minute bedroom workout combining strength and flexibility exercises. This routine from physiotherapist Nick Sinfield starts with some gentle in-bed tension-releasing stretches and finishes with a series of energising power moves. If you have a meeting in another building, leave 5 or 10 minutes early (or take some time afterward), and do some extra walking. On breaks, spend 5 to 10 minutes climbing stairs.

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