

Tense & Release

MUSCLE GROUPS

Arms	Clench hands into fists, bend arms at the elbows, and flex your biceps.
Shoulders	Raise them toward your ears
Chest	Take a deep breath, and hold it for 5 sec
Back	Arch it up and away from the chair
Stomach	Suck it into a tight knot
Glutes	Press them together
Thighs	Clench them