

# Feel better in your body

JENNIFER BRILLIANT

## YOGA

& PERSONAL TRAINING

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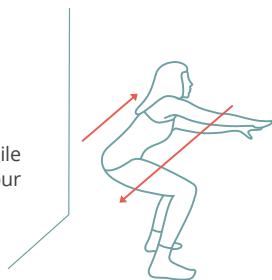
## 4 Brilliant Moves for a Powerful & Bendier Body

The first exercise is to gain strength and stands alone. The other three flow one to the next.

1

### SQUAT

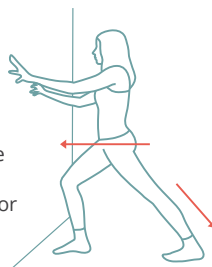
Bend your knees while sitting back. Keep your back lifted. 10X.



2

### CALF STRETCH

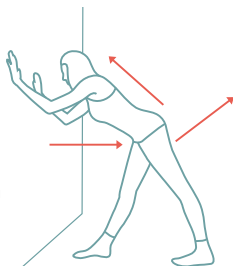
Hold a chair or a wall for these next stretches. Step left leg back, bending the right knee for a small lunge. Press your left heel toward the floor.



3

### HAMSTRING STRETCH

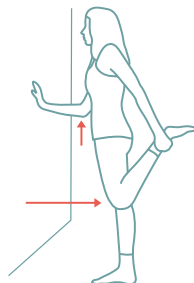
Straighten your right leg and move both sides of the pelvis back to stretch your right hamstring.



4

### QUAD STRETCH

Stand on right leg, reach your left hand back to hold your left ankle for a stretch at the front of your left thigh.



For convenient, customized classes & private sessions:

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