

Super Fat-Flush Stretches

Hey, it's Pastor Paul!

Below you'll find the Super Fat-Flush Stretches...

These movements will help stretch, tone, and lengthen your body and muscles in a unique way, which is extremely important as you get older.

Now, there are no set rules with these stretches...

You can do as many of these as you'd like every single day.

I'd start with two or three and then work your way up.

Simply click the link below each stretch for the demonstration video.

Half Roll Back Opener

<https://www.dropbox.com/scl/fi/53ngbjq8312cdpmporedj/Half-rollback-opener.mp4?rlkey=4ftygl2meky661umtyhow6gc9&st=a2i85t4r&dl=0>

Figure 8

<https://www.dropbox.com/scl/fi/trbs1syezr1y6a5pnr3sj/Quadruped-figure-8.mp4?rlkey=9c3v3rgr2vhwt5jlc6jz3jm7a&st=r6dga9ia&dl=0>

T-Spine Rotation

<https://www.dropbox.com/scl/fi/r65hma4x7so8w4j51cgfs/Quadruped-t-spine-rotation.mp4?rlkey=mdduuovmz9mttyhvumqb8q8jl&st=vjpzsupv&dl=0>

Seated Mermaid Stretch

<https://www.dropbox.com/scl/fi/jwr9m3yqs0r5o2pmcnbt5/Seated-mermaid-stretch.mp4?rlkey=9djgexw58g5rmlj2grq9m9vyj&st=xf6ev1ro&dl=0>

Seated Spine Twist

<https://www.dropbox.com/scl/fi/7g2av6exj57w6tz3ogygo/Seated-spine-twist.mp4?rlkey=dl1w7jgy9hiqfp4hqek1ixdpl&st=n7mr1vnu&dl=0>

Inchworm

<https://www.dropbox.com/scl/fi/ezm58bd3xl4qwcgfu5s30/Stationary-inchworm.mp4?rlkey=2tdx6vucuyi98099l3huh34v5&st=qa3udyi1&dl=0>

Windmill

<https://www.dropbox.com/scl/fi/sr7obkfgwlmogiaru9zig/Standing-windmill.mp4?rlkey=6q7ejoqp0vf5xap0d56854i3j&st=wf8jaeid&dl=0>

Supine 4 Crossover

<https://www.dropbox.com/scl/fi/0wuvyjjvvdva844zmoetwb/Supine-4-crossover.mp4?rlkey=5kdzp6qpn4mc0toyqvxlj660w&st=zin6xxfv&dl=0>

Supine Spine Twist

<https://www.dropbox.com/scl/fi/0naq3pfo3fgkeam6cslfh/Supine-spine-twist.mp4?rlkey=4s08k03iw7q01eu6l205jp3mx&st=qyhyaohg&dl=0>

Reverse Lunge with Overhead Reach

<https://www.dropbox.com/scl/fi/wtgjdkixdquedcf9mt6bd/Reverse-lunge-with-overhead-reach.mp4?rlkey=is7i305gslu6l922ga69uq9k&st=zxf0sumj&dl=0>