

STEP 1

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Supine Single Knee to Chest Stretch

REPS: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 5x | **DAILY**: 3x

Setup

Begin lying on your back with your legs straight.

Movement

Tip

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STEP 2

STEP 2

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- Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.
- Make sure to keep your back relaxed and flat on the ground during the stretch.

Supine Butterfly Groin Stretch

REPS: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 5x | **DAILY**: 3x

Setup

Tip

- Begin lying on your back with your knees bent and feet resting on the floor.

 Movement
 - Place the soles of your feet together and let your knees drop toward the floor until you feel a stretch in your inner thighs and hold.
 - Make sure to keep your low back flat on the ground during the stretch.

Supine Lumbar Rotation Stretch

REPS: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 5x | **DAILY**: 3x

Setup

Tip

- Begin lying on your back with your legs straight and arms to your sides.
- Movement
 - Bring one knee toward your chest, then lower it to the ground on one side of your body and hold. You should feel a stretch in your lower back and hip.
 - Make sure to keep your upper body on the floor.

STEP 1



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Sidelying Upper Thoracic Rotation

REPS: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 5x | **DAILY**: 3x

- Setup
 - Begin lying on your side with your knees and hips bent at 90 degree angles, arms straight, and your palms together by your knees.

Movement

- Lift your top arm up toward the ceiling and diagonally behind you, rotating your upper trunk. Then slowly return to the starting position and repeat.
- TipMake sure to keep your hips and knees stationary as you move your arm.

Child's Pose Stretch

REPS: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 5x | **DAILY**: 3x

Setup

Begin on all fours.

- Movement
 - Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.
- Tip
 - Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.



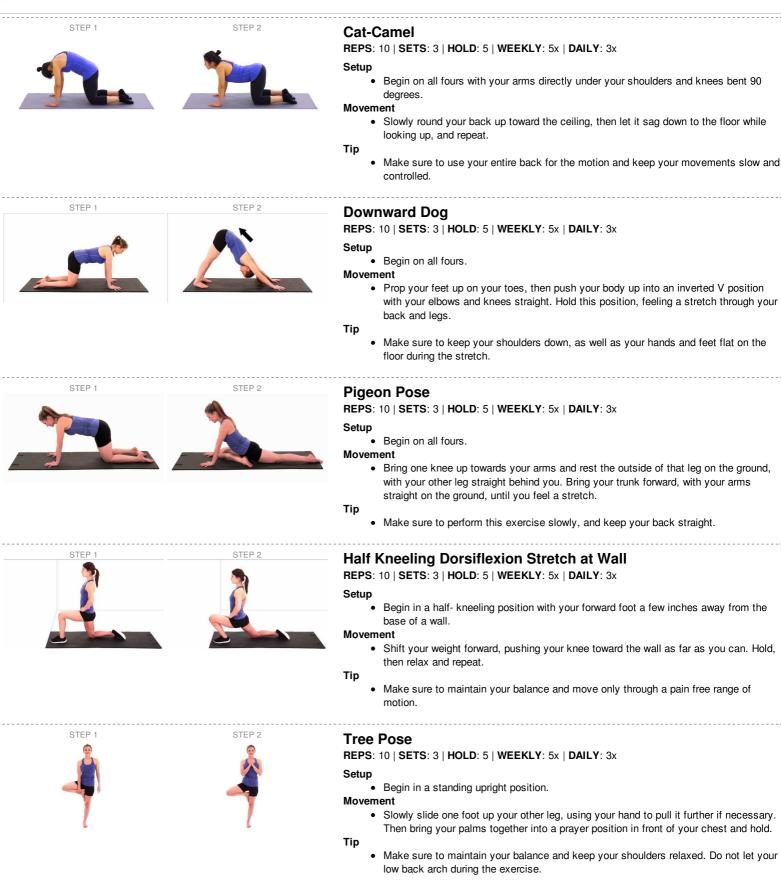
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STEP 1 STEP 2

Warrior I

REPS: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 5x | **DAILY**: 3x

Setup

Begin in a downward dog position, with your hands and feet flat on the floor.

Movement

- Place one foot on the ground between your hands, rotate your back foot 90 degrees, then raise your arms toward the ceiling, keeping your front leg bent and back leg straight. Hold this position.
- Тір
 - Make sure to perform these movements slowly and maintain your balance during the exercise. Reverse the movement to return to the starting position.



Warrior II

REPS: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 5x | **DAILY**: 3x

Setup

• Begin in a downward dog position, with your hands and feet flat on the floor. **Movement**

- Place one foot on the ground between your hands, then rotate your back foot 90 degrees. Raise your arms straight toward the ceiling, then lower them to shoulder level, so they are in line with your legs, and keep your head facing forward. Hold this position.
- Тір
 - Make sure to perform these movements slowly and maintain your balance during the exercise. Reverse the movement to return to the starting position.

