

STEP 1



STEP 2



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

- Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

Tip

- Make sure to keep your back relaxed and flat on the ground during the stretch.

STEP 1



STEP 2



Supine Butterfly Groin Stretch

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

Setup

- 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.

Tip

- Make sure to keep your low back flat on the ground during the stretch.

STEP 1



STEP 2



STEP 3



Supine Lumbar Rotation Stretch

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

Setup

- 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.

Tip

- Make sure to keep your upper body on the floor.

STEP 1



STEP 2



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.

Tip

- Make sure to keep your hips and knees stationary as you move your arm.

STEP 1



STEP 2



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.

STEP 1



STEP 2



Cat-Camel

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

Setup

- Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

- Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

- Make sure to use your entire back for the motion and keep your movements slow and controlled.

STEP 1



STEP 2



Downward Dog

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

Setup

- Begin on all fours.

Movement

- Prop your feet up on your toes, then push your body up into an inverted V position with your elbows and knees straight. Hold this position, feeling a stretch through your back and legs.

Tip

- Make sure to keep your shoulders down, as well as your hands and feet flat on the floor during the stretch.

STEP 1



STEP 2



Pigeon Pose

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

Setup

- Begin on all fours.

Movement

- Bring one knee up towards your arms and rest the outside of that leg on the ground, with your other leg straight behind you. Bring your trunk forward, with your arms straight on the ground, until you feel a stretch.

Tip

- Make sure to perform this exercise slowly, and keep your back straight.

STEP 1



STEP 2



Half Kneeling Dorsiflexion Stretch at Wall

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

Setup

- Begin in a half-kneeling position with your forward foot a few inches away from the base of a wall.

Movement

- Shift your weight forward, pushing your knee toward the wall as far as you can. Hold, then relax and repeat.

Tip

- Make sure to maintain your balance and move only through a pain free range of motion.

STEP 1



STEP 2



Tree Pose

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

Setup

- Begin in a standing upright position.

Movement

- Slowly slide one foot up your other leg, using your hand to pull it further if necessary. Then bring your palms together into a prayer position in front of your chest and hold.

Tip

- Make sure to maintain your balance and keep your shoulders relaxed. Do not let your low back arch during the exercise.

STEP 1



STEP 2



STEP 3



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.

Tip

- Make sure to perform these movements slowly and maintain your balance during the exercise. Reverse the movement to return to the starting position.

STEP 1



STEP 2



STEP 3



STEP 4



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.

Tip

- Make sure to perform these movements slowly and maintain your balance during the exercise. Reverse the movement to return to the starting position.