

**HOLD EACH STRETCH FOR 60 SECONDS.
REPEAT 2-3 TIMES.**

INCHWORMS	WINDMILLS	ROCK BACK ABDUCTOR STRETCH
<ul style="list-style-type: none"> Stand with legs straight and hands on the floor as close to your feet as possible Slowly begin to walk hands forward until body is parallel to the floor Walk feet forwards to meet hands 	<ul style="list-style-type: none"> Lying on the floor on your side, knees bent at 45 degree angle Stretch arms out on the floor, in line with shoulders Sweep top arm in semi-circle shape above head until level with bottom arm Bring arms together (start position) 	<ul style="list-style-type: none"> Place pillow on floor and kneel onto it, lean forward onto all fours Keep right knee on pillow, stretch left leg out to side of body Push bum back towards right heel until you feel the stretch
90/90 STRETCH	CRAB GRABS	
<ul style="list-style-type: none"> Sitting on the floor with a straight back, place right leg directly in front of you and bend knee at a 90 degree angle (outer thigh and shin resting on floor with front thigh perpendicular to body) Extend left leg out to your side and bend knee at a 90 degree angle (inner thigh resting on floor) Slowly lower chest to front leg 	<ul style="list-style-type: none"> Sit on the floor in a V-sit position Push up onto left hand and feet With right arm, reach up and over your head and push hips towards ceiling Return to start seating position 	