

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

DOWNWARD DOG

- On all fours, set knees directly below hips and hands slightly forward of shoulders
- Exhale and lift knees away from the floor until fully extended
- Stretch heels onto or down towards the floor

ELBOW OUT ROTATOR STRETCH

- Place left hand on the middle of your back, palm and elbow pointing out
- Reach across front of the body with right hand and grab left bicep or elbow
- Gently pull forward

ROCK BACK ABDUCTOR STRETCH

- 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

- 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

PIRIFORMIS STRETCH

- Sit on the floor in a V-sit position, bend right knee so that right foot is against left knee/thigh
- Exhale, bringing chest down over the top of right knee

LUNGING PSOAS STRETCH

- Kneeling on both knees, bring right leg forward so foot is on floor
- Gently lean into the front leg