

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

#### **HAMSTRING STRETCH**

- Stand with feet closer than shoulder width.
- Step forward with your left foot. Flex the left foot up towards you.
- Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.
- Repeat on both legs

#### **LUNGE WITH SPINAL TWIST**

- Start standing with your feet together.
- Take a big step forward with your left foot.
- Bend your left knee and drop into a lunge, keeping your right leg straight behind you with your toes on the ground.
- Place your right hand on the floor and twist your upper body to the left as you extend your left arm toward the ceiling.

#### **FIGURE FOUR STRETCH**

- Lie on your back with your feet flat on the floor.
- Cross your right ankle over your left knee and keep your right foot flexed. Bring your left knee toward your chest. Reach your right hand through your legs and interlace your fingers just below the crease of your left knee. Using your arms, pull your left knee toward your chest, pausing when you feel a stretch in your right glute and hip.
- Repeat on both sides

#### **FROG STRETCH**

- From all fours, walk your knees as far apart as is comfortable. The inside edge of your feet should be touching the ground, knees bent to 90-degree angles.
- Inhale, and elongate the spine by extending the crown of the head and tailbone in opposite directions.
- Exhale and lower down to your forearms, making sure your elbows are stacked right below your shoulders.
- Now allow your hips to draw back and down

#### **BUTTERFLY STRETCH**

- Sit on the floor with your legs in front of you.
- Reach forward and grab your right foot. It is OK to bend your knee.
- Gently pull your right foot up towards your groin until the sole of the foot is facing your left thigh.
- Bend your left knee to bring your left foot up until its sole touches the sole of your right foot.
- Hold your feet with your hands and rest your elbows on your knees.
- Allow your knees to fall towards the ground

#### **SEATED SHOULDER SQUEEZE**

- Raise your arms to shoulder height, elbows bent and palms forward.
- Move your arms back, squeezing your shoulder blades together. Hold for 10 seconds. Return to starting position