

Cat Cow

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4



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.

Open Book

REPS: 10	SETS: 1	HOLD: 10 SECONDS	DAILY: 1
WEEKLY: 4			



Setup

Begin lying on your side with both legs bent at 90 a degree angle, and your arms together straight in front of you on the ground.

Movement

Slowly move your top arm away from your other arm, toward the floor on your other side, rotating your trunk at the same time. Try to touch your shoulder blade to the floor while keeping your hips facing straight forward. Bring your arm back and repeat.

Tip

Make sure to keep your knees together as you rotate.

Open Book

REPS: 10	SETS: 1	HOLD: 10 SECONDS	DAILY: 1
WEEKLY: 4			



Setup

Begin lying on your side with both legs bent at 90 a degree angle, and your arms together straight in front of you on the ground.

Movement

Slowly move your top arm away from your other arm, toward the floor on your other side, rotating your trunk at the same time. Try to touch your shoulder blade to the floor while keeping your hips facing straight forward. Bring your arm back and repeat.

Tip

Make sure to keep your knees together as you rotate.

Seated Hamstring Stretch

REPS: 3

HOLD: 30SEC

DAILY: 1

WEEKLY: 4



Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Seated Hamstring Stretch

REPS: 3

HOLD: 30SEC

DAILY: 1

WEEKLY: 4



Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Hip Flexor Stretch at Edge of Bed

REPS: 3	SETS: 1	HOLD: 1 MIN	DAILY: 1
WEEKLY: 7			



Setup

Begin lying diagonally at the edge of table or bed, with the leg furthest from the edge bent.

Movement

Leg your straight leg hang off the edge of the bed, then pull your bent leg toward your chest and hold. You should feel a stretch in front of the hip of your hanging leg.

Tip

Make sure to keep your upper body relaxed and do not to let your low back arch during the stretch.

Hip Flexor Stretch at Edge of Bed

REPS: 3	SETS: 1	HOLD: 1 MIN	DAILY: 1
WEEKLY: 7			



Setup

Begin lying diagonally at the edge of table or bed, with the leg furthest from the edge bent.

Movement

Leg your straight leg hang off the edge of the bed, then pull your bent leg toward your chest and hold. You should feel a stretch in front of the hip of your hanging leg.

Tip

Make sure to keep your upper body relaxed and do not to let your low back arch during the stretch.