

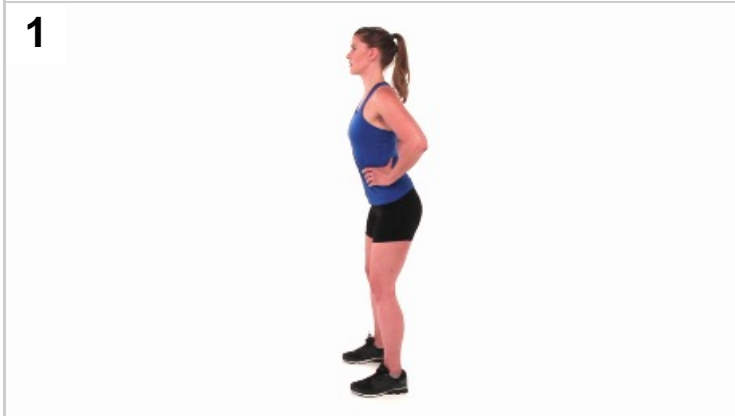
Mini Squat

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

Movement

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

Mini Lunge

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin in a standing upright position.

Movement

Step forward with one foot and lower down into a mini lunge position. Return to standing and repeat on the other leg.

Tip

Make sure to maintain your balance and do not let your front knee move forward past your toes.

Cat-Camel

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



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.

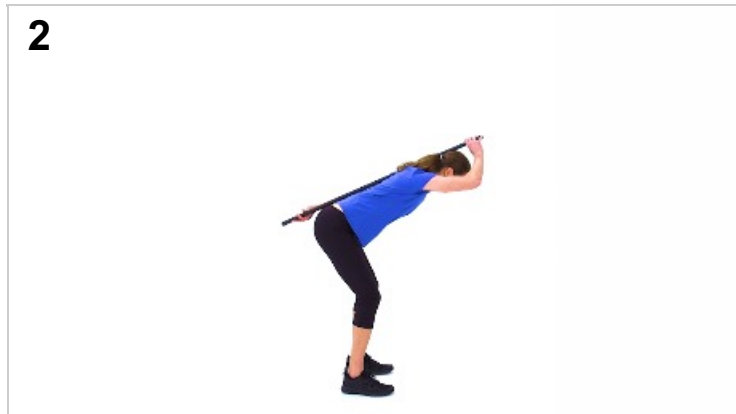
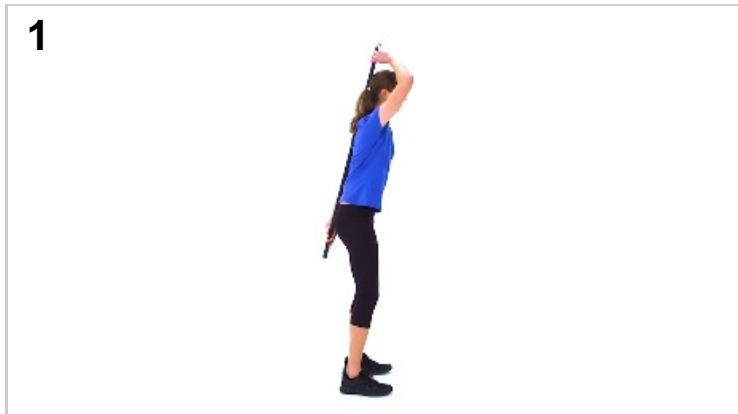
Standing Hip Hinge with Dowel

REPS: 20

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position, holding a dowel rod against your back. It should be in contact with your head, mid-back, and tailbone.

Movement

Lean forward, bending at your hips and keeping your back straight. Return to the starting position and repeat.

Tip

Make sure to use your buttock muscles to control the movement and keep a soft bend in your knees. The dowel should stay in contact with all three points on your back during the exercise.

Seated Hamstring Stretch

REPS: 3

SETS: 1

HOLD: 30SEC

DAILY: 1

1



2



Perform on both sides

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.