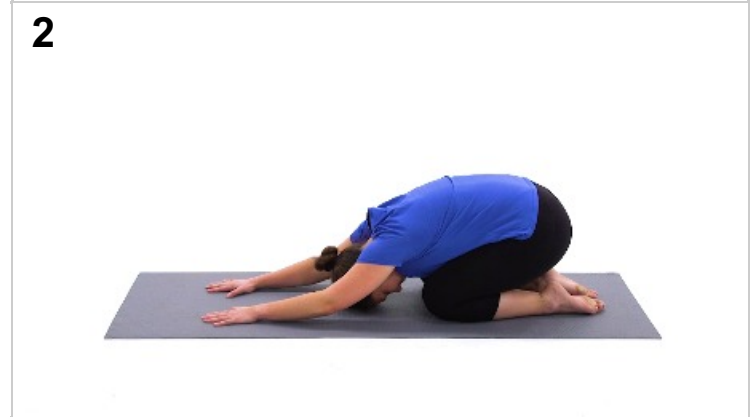
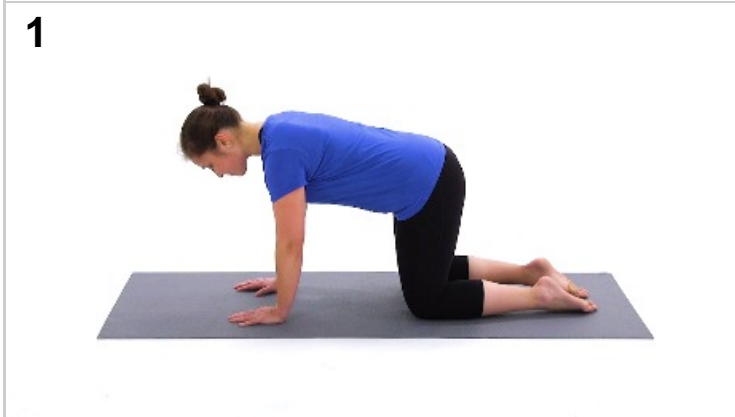


Child's Pose Stretch

REPS: 10	SETS: 1	HOLD: 10 SECONDS	DAILY: 1
WEEKLY: 7			



Setup

Begin on all fours.

Movement

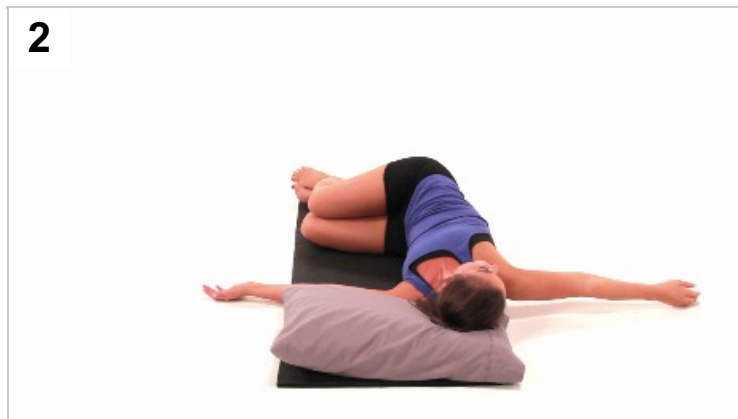
Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

Open Book

REPS: 10	SETS: 1	HOLD: 10 SECONDS	DAILY: 1
WEEKLY: 7			



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.

Supine Piriformis Stretch with Foot on Ground

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 7			



Perform on both sides

Setup

Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

Movement

Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

Tip

Do not allow your back to twist or bend excessively during the stretch.

Seated Hamstring Stretch

REPS: 3	SETS: 1	HOLD: 30SEC	DAILY: 1
WEEKLY: 7			



Perform on both sides

Setup

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

Movement

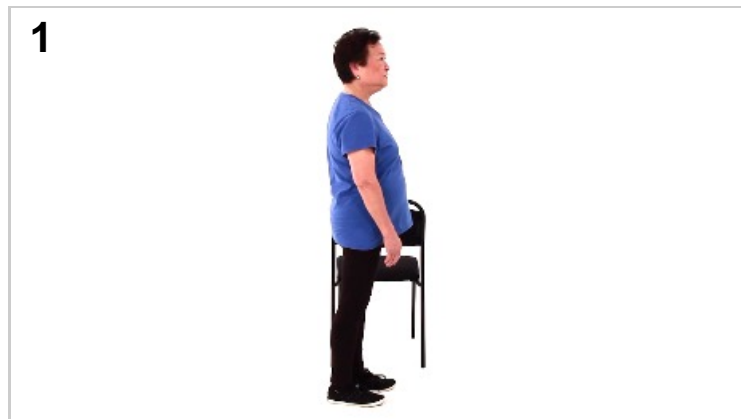
Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

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

Standing Quadriceps Stretch

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 7			



Perform on both sides

Setup

Begin in a standing upright position holding onto a stable object for support.

Movement

Bend your knee and grab that foot with your hand, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh. Hold this position.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.