

Tucked Breathing:

Lay on your back, with your feet somewhat close to your hips and your knees up. You should feel the spine in full contact with the ground from your pelvis all the way up. Allow yourself to relax as much as possible, letting out tension in the chest and neck. Focus on deep breathing through the abdomen, moving up as you inhale and down as you exhale. Try to use each exhale to allow for greater relaxation. Do 10 breathes.

Extended Breathing:

From the tucked breathing position, slowly extend one leg at a time. Focus on keeping your spine in contact with the ground. Only extend as far as you can maintain that contact. Then, gently bring the arms up and overhead, trying to extend as far as possible. Allow them to sink towards the ground, only as far as you can prevent the ribs from shifting upwards. In this position, holding as much extension as possible without moving the torso, breath deeply 5 times.

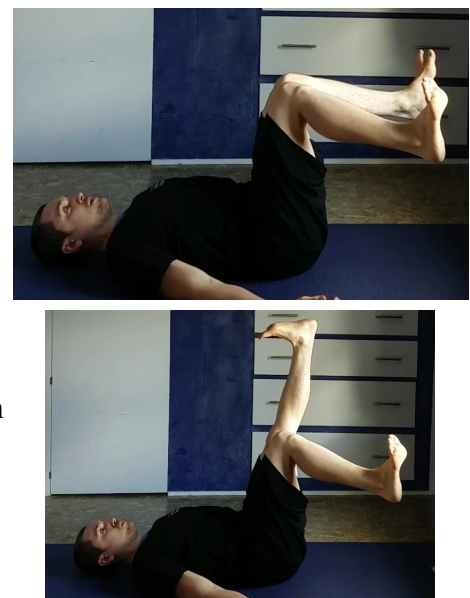
Pelvic Tilt:

Start by lying flat on your back with your knees bent and feet planted on the floor. Relax your arms by your side and keep your neck in line with your spine. As you inhale, arch your low back off the ground, creating space under your low back. Exhale as you bring your spine back to contact with the ground and tighten your abdominal muscles. Hold each position briefly, breathing as much volume as possible. Do 7 of these.



Wishbone Kicks:

Start laying on your back with your hips and knees bent at 90 degrees. Keeping your knees together, move your feet apart as far as you comfortably can, trying to keep your toes pointed to the ceiling. Then, exhale as you extend your right leg toward the sky, pushing through your heels. Pause briefly, then lower it back down to 90 degrees. Then do the same with the left leg. Do 10 of these per leg. If you want a bit more work, bring your feet back together after doing both legs.



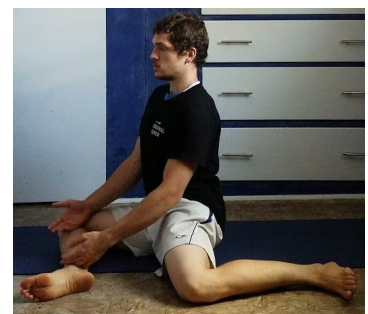
Rocking Situp:

Start either on your back or in a bent seated position. Keep yourself extended through the spine by pushing the head upwards. Engage your abs, tuck your chin down slightly, then rock backwards until you're on your back. Then rock back forwards to your seated position, exhaling as you do. You'll want to be pretty gentle with this until you get the hang of the movement. Do this 10 times.



90 90 Twists:

Start on the ground, sitting upright. Position your legs so that both knees are bent to 90 degrees. Turn your torso to face the leg with the inner thigh upwards. Inhale, then exhale as you twist your legs and torso around to the other side. Reach your arms forward to help make this easier. You will move through the bent sit position as you transition. Pause for ~5 seconds once you've swapped, making sure the knees are at 90 degrees, then repeat. Do this 5 times per side.



Kneeling Bridge (Alt Shoulder bridge):

Start in a high kneeling position. If you have any knee discomfort, feel free to use a pillow. Bring your toes slightly inwards of your knees. Slowly bring your hips down towards your feet until you can reach back and place both hands on the ground. Make sure that your hands are pointed either backwards or out to the side. From this position, squeeze the abs and glutes and push your pelvis upwards until you feel a stretch in the quads and front of your hips. Gently come back down, and repeat, exhaling as your press upwards. Make sure you really emphasize your hip drive. Do this 10 times.

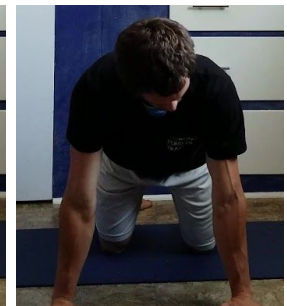


Tabletop Wrist Warmup:

Start in a tabletop position, with the shoulders over wrists and hips over knees, move your hands towards your knees until you find a position with a comfortable amount of weight on the hands. From here, splay your fingers as much as possible, engage down into the ground with them, and make gentle circles of your torso. Feel the weight shift around your hands as you move, calmly breathing the whole time. Do 5 per direction. Then, spin your hands around so the thumbs point out and the fingers are back. Again, do 5 per direction, focusing on pushing the ground away and feeling your weight shift.

Tabletop Shoulder Rotations:

Start in a tabletop position. If you have any wrist pain, bring your hands back towards your knees so the weight isn't uncomfortable. Push the ground away slightly, so your upper back feels engaged, and squeeze your belly button to your spine. Then, rotate your upper arms so that your elbow creases go from facing each other to facing forward. If this is challenging, focus on one arm at a time. Do 10 rotations.



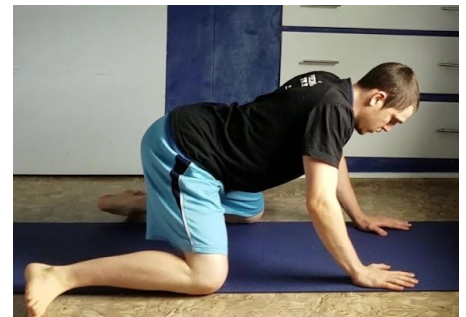
Cat Cow:

Start in a tabletop position, wrists under shoulders and knees under hips. Arch your upper back up while you tuck your head to your chest. You'll want to try to really push your hands into the ground, but don't let your shoulders move up towards your head. Exhale while you perform this portion of the movement. Then, with a deep inhale, lower your chest towards the floor and lift your head up. Repeat back and forth, 10 times.



Frog Squats:

Start in a tabletop position. Widen your knees approximately a foot, and turn your feet outwards. Set a fairly moderate arch in your lower back, inhale, then move your hips backwards as you exhale. Focus on maintaining the arch in your back, if you feel that it starts to round upwards, stop your movement. Keeping your abs strongly squeezed will help prevent this. You can also set something on your back to help cue the movement. Do this 10 times.



T-Spine Rotations:

Start in a tabletop position, wrists under shoulders and knees under hips. Take one arm, and put your hand on the back of your head. Bring that elbow to your other elbow, and then open up that side so that your elbow points towards the ceiling. Think about keeping the elbow as far out to the side as possible, and keep an arch in the low back. You want to feel the stretch in the upper back and chest. Do 10 of these per side.



Tabletop Neck Warmup:

Start in a tabletop position, wrists under shoulders and knees under hips. Push the ground away slightly, so your upper back feels engaged, and squeeze your belly button to your spine. Move your head away from the ground. Bring your chin to your collarbone, then slowly roll upwards and try to extend your chin forward, keeping your jaw closed. Pull your chin back down until you're looking at the ground, then look to your left and then to your right. Repeat this full sequence 5 times, breathing calmly for the duration.