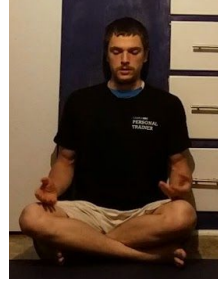


### Wall Seated Breathing:

Find a bare wall with as little floor molding as possible. Doors can also work if they are flat and you can lean into the closure. Move your pelvis as far back as you can, then slowly roll your spine up the wall, extending as much as possible. Sit in either a cross or butterfly position, whichever is more comfortable. Allow your arms to relax and rest on your legs, though if you can think about it, try

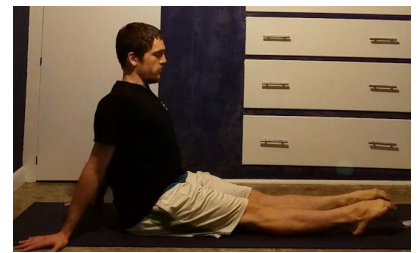
to expand your shoulders as far apart from each other as possible. Calmly and slowly breath here for 10 breaths, working on the volume of air you move each time.



### Long sit ankle warm-up:

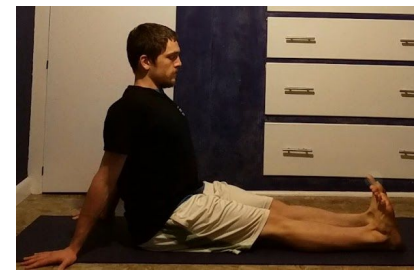
Sit comfortably on the ground. Extend both legs forward, getting full knee lockout. Place your hands on the ground behind you, with your fingers either out to the side or backwards. Use your arms to push your chest forward enough that you can maintain a curve to your low back, though try not to tip your chest upwards. In this position, point and flex your feet. Make sure to involve your toes, squeezing down as you point and opening as you

flex. Do this 10 times. Then evert and invert your foot, so that the soles of your feet go from pointing inwards to pointing outwards. Do this 10 times.



### Long sit hip twists:

Sit comfortably on the ground. Extend both legs forward, getting full knee lockout. Place your hands on the ground behind you, with your fingers either out to the side or backwards. Use your arms to push your chest forward enough that you can maintain a curve to your low back, though try not to tip your chest upwards. Flex your feet. Then twist both of your legs down to one side, keeping the knee extended. Pause briefly, then twist to the other side. Do this 10 times.



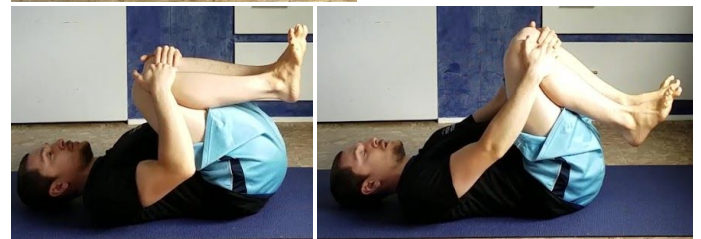
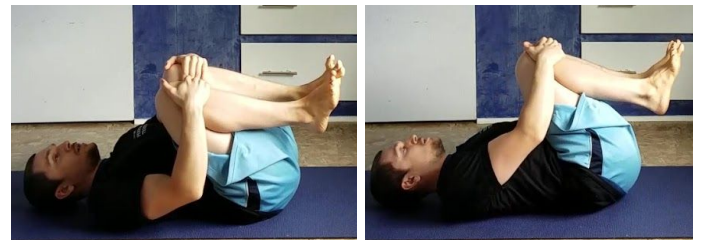
### Side lying leg extensions:

Start lying on your side. Support your head with either your hand or a pillow. You want to maintain spinal alignment so don't lift it too high or let it go too low. Using your top arm, brace into the ground in front of you. Bring your bottom leg up so that you form a triangle, with your foot in line with your torso. Inhale as you bring your top leg towards your chest. Only bring it as far as you can maintain an arch in the low back. If you are having trouble feeling that, use the top hand to hold your back and get feedback. Exhale and drive your heel as far forward as you can while keeping an arch in the low back. Inhale and bring your foot back, then exhale and extend it down straight. Repeat this 5 times per leg.



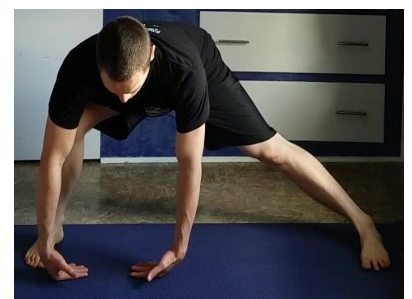
### Ground rocking:

Start on your back and bring your knees towards your chest. Hug them gently, so that you can keep your pelvis on the ground. Staying relaxed with your breathing, rock side to side and forward and back. Focus on not going too far with any movements so that you can gently feel this in the low back. Do 5 of these each method. Then combine them to make gentle circles, and do 5 of those each direction.



### Spreadfoot glides:

Start in a standing position. Widen your feet apart until you feel a slight stretch in your groin. Keep your toes pointing forward, and gently twist your heels together so that you prevent your ankle from rolling inwards. Drive your hips backwards until you feel a stretch in your hamstrings. You want to try to maintain slight downward curvature in your low back. Allow your arms to freely dangle, and shift yourself to one leg. Inhale, then exhale and shift yourself over to the other side. Think about moving your hips, not your upper body. You want to try to maintain the same distance from the ground the whole time. Make sure to time the movement to your breathing to get the appropriate amount of stretching. Do about 10 of these, making sure to end on an even number.



### **Spreadfoot T Twists:**

Start in a standing position. Widen your feet apart until you feel a slight stretch in your groin. Keep your toes pointing forward, and gently twist your heels together so that you prevent your ankle from rolling inwards. Keeping your glutes and abs engaged, reach your arms as far as you can apart. Inhale, then exhale and twist your torso to one side. Keep your hips squared forward as much as you're able to. Hold briefly, then inhale back to neutral. Repeat back and forth, 5 times per side. For more of a challenge, have the palms facing upwards and elevate your arms slightly.



### **Stork Walk:**

Start in a neutral standing position, with a slight knee bend and abs engaged. Bring the elbows together in front of you. Find glute tension in the standing leg, and lift the other leg up as you open your elbows outwards. Focus on maintaining the glute tension in the standing leg while you bring the other leg as high as that allows. Slowly lower back down as you bring the elbows together. Alternate sides, and do 20 total.



## Lunge Twists:

Start in a standing position. Slide one leg backwards, keeping weight on the front leg, until you feel a slight stretch in your calf. Raise up on your back foot, and squeeze your glute on that side. Slowly lower back down, maintaining tension. Next, either bring your thumbs to your shoulders with your palms forward, or put your hands on the back of your head, whatever feels like a manageable amount of chest tension. Inhale, then exhale and twist towards your front leg side. Squeeze the glute in the back leg firmly as you do this. Inhale back to neutral and repeat. Do 10 per side.



## Head Shoulder Circles:

Start in good standing posture, with the knees unlocked, abs and glutes engaged. Roll your head (chin to chest, ear to shoulder, chin to ceiling, and ear to shoulder). As you do this, spiral your hands matching the direction of the movement. When your head goes to the right, both thumbs should point rightward. As you roll to the left, slowly turn the hands that way. Try to feel the rotation getting into your shoulder blades. Do 5 rotations per direction. Next, just do head down and head up movements. When your head is down, spiral both hands inward. Up, hands outward. Again, try to focus on feeling the shoulder blades move. Do 5 of this one.

