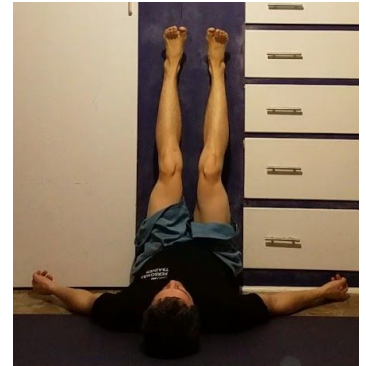


Wall Spinal Decompression:

Lay down on the ground by a bare wall. Have your torso perpendicular to the wall, with your legs fully extended. Move towards the wall until your hips make direct contact. Then, slide one leg up the wall until you start to twist. As you do, bring the other up as well. You should now be flat on the ground with both legs up. Bend your knees as necessary to feel comfortable. Hold this position and breathe deeply 10 times. If you want more of a hamstring stretch, you can try extending your legs and flexing your heels with exhales.



Wall Squat Groin Stretch:

Start on your back close to a wall. You want to have your torso perpendicular to the wall and your hips slightly off of it, so have your legs up the wall. If you have trouble getting into the position, start on your side with your hips about 3-4 inches away from the wall, then rotate up one leg then the other. From there, slowly walk your legs down the wall until you're in a squatting position. Your toes should be pointed up towards the ceiling and your low back should be on the ground. Then walk your feet outwards with small movements until you feel a stretch in your groin. If you want to make this more intense, you can reach your hands up and gently relax them against your inner thighs. Hold this for 10 breaths.. Make sure you're taking deep breaths and keeping the low back on the floor.



Foot Screw Downs:

Start in a standing position without shoes on, with the knees unlocked and the core engaged. Shift your weight to one leg. With the other, press just the knuckle of your big toe into the ground. Then, keeping your heel high, roll along the ball of your foot until the pinkie knuckle touches. Continue that rolling motion as you drop your heel to the ground. You should feel that the muscles in your foot are very engaged. Shift your weight to this leg, and repeat the process on the other foot. Stand with both feet engaged for two breaths, then relax and repeat the process. Do it 4 times total.



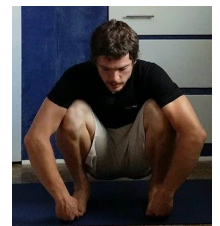
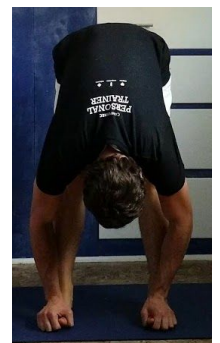
Foot Marching:

Start in good standing posture, with the knees unlocked, core engaged. With one foot, drive up into a calf raise, without shifting the rest of your body position. Focus on keeping your leg in alignment vertically. Let it come down, then do the same on the other. Repeat for 10 times per leg. Next, you'll be lifting the foot. It's the same pattern of moving the foot without shifting the rest of the body. Weight goes onto the heel and you want to lift the foot as high as you can. Try to lock out your knee as you do this. Repeat this for 10 times per leg.



Squat to stand stretch

Start in good standing posture, with the knees unlocked, abs and glutes engaged. Do a forward fold, hinging at the hips until you find hamstring tension then allowing your back to round, and squat down so you can put your hands as low as possible. If this is by your shins, then grab them for this movement. If you can get to your toes, then put your hands underneath them. Maintaining contact with your hands, squat down as far as you comfortably can and pause for 3 seconds. Then drive your hips up as high as is comfortable to build a lot of tension in the hamstrings. Make sure to keep holding with your hands, as this allows you to really keep your torso low for the stretch. Hold in this position for 3 seconds again, then squat back down. Repeat this 5 times.



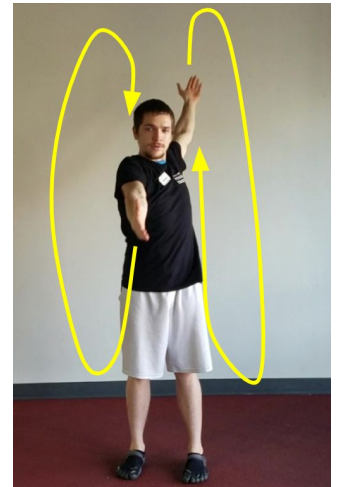
Spreadfoot Hinge Twists:

Start in a standing position. Widen your feet apart until you feel a slight stretch in your groin. Keep your toes pointing forward, and 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. Try to extend your head as far from your hips as you can, and open your chest up by moving your shoulders back. Put your arms either crossing your torso, on the back of your head, or extended out to the side and slightly forward, depending on your upper body strength. From there, exhale and twist to pull one shoulder back. Make sure to keep your low back curvature. Inhale to neutral and repeat to the other side. Do 10 per side.



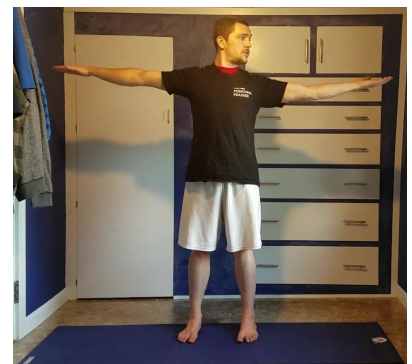
Windmill:

Start in a standing position, with your knees soft and core engaged. Starting with one arm extended forwards and one backwards, circle your arms so that they're swapped. Try to imagine that you are in a small hallway and are trying to keep your arms as close as possible. While circling, try to reach your arms as far away from you as you can, though avoid shrugging too much. Breathe calmly while doing this, focusing on not holding the breath at any part of the movement. Do 10 rotations per direction.



Shoulder rotational flossing:

Start in a neutral standing position, with the knees slightly bent, abs and glutes slightly tightened, and the low back slightly arched. Keep your head extended up and your ribs slightly tucked down. Extend your arms out to the sides as far as you can, while pinching your shoulder blades together. Rotate one palm up, and look at that hand. Breathe in, then exhale and rotate both arms so that the other palm is up. As you do, turn your head to look at the palm that is now up. Repeat this 5 times. For more of a stretch, pull your fingers back towards you.



Eye circles:

Start in a standing position, with your knees soft and core engaged. Extend your head as far as you can up to the ceiling, then take a few calm breaths. Look as far over to one side as possible without moving your head. As you continue to calmly breathe and try to relax, slowly move your eye in a full circle, trying to move slow enough that you can intentionally focus on each area as you move. Do 2 full circles that direction, then 2 going in the other direction.