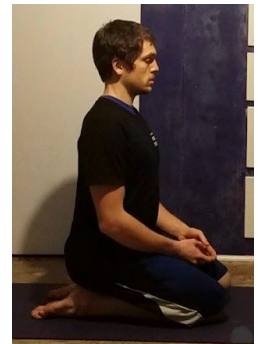


Kneeling Breathing:

Start in a tall kneeling position, up as tall as you can with your core engaged. If this makes your knees uncomfortable, please use some form of cushioning, or do this on a bed. You want to make sure that your shins are parallel to each other, hip distance apart. Keeping a slight pressure downward into the ground with the backs of your feet, slowly lower yourself down until you can sit on your heels. This will potentially create a lot of tension in your shins, if it does, you may need some cushioning right above your ankle on your shin. Keeping yourself as tall as possible, allow your arms to relax. Breathe here for 10 breaths, slowly and deeply.



Hero squats:

Start from an upright kneeling position. Your knees and feet should be hip width, with the feet vertical. Make sure that your heels are parallel to each other, and try to keep weight pressing downward with your toes. Focus on maintaining core engagement throughout. Keeping your torso vertical with a slight arch to your low back, inhale and squat down as far as is comfortable. Then, squeezing the glutes, exhale and push back to upright. Do 10 of these.



Deep squat hip openers:

Start in good standing posture, with the knees unlocked, abs and glutes engaged. If you need assistance to get into a deep squat, make sure that it is stable, such as a door, doorframe, or couch. Either way, lower yourself into a deep squat, working on keeping the low back arched slightly and the head extended upwards. Once you hit your resting depth, try to find your glutes and engage them.

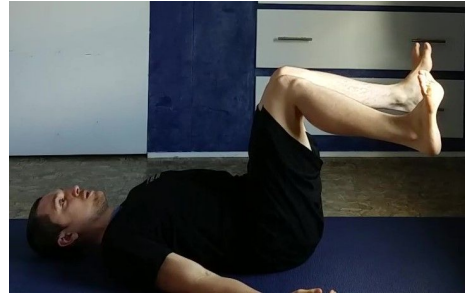
Focusing on moving one leg at a time, squeeze your glute on that side and drive your knee out as far as is comfortable. Pause briefly, then let it come back to neutral. Repeat on both sides 10 times. Make sure that you are breathing comfortably while doing this, you don't want to build more tension than necessary in the torso.



Wishbone Kicks:

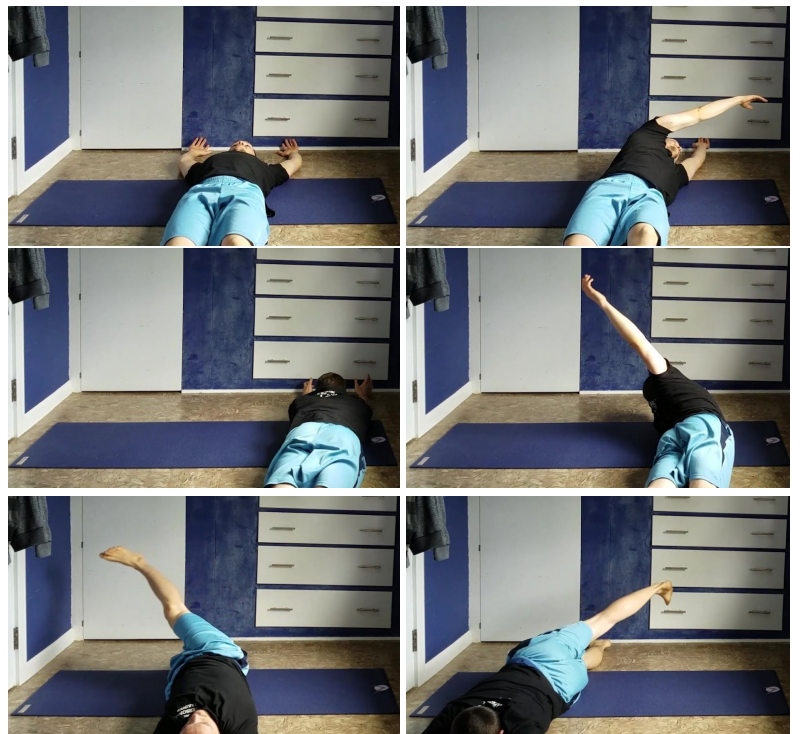
Start laying on your back with your hips and knees bent at 90 degrees. Keeping your knees together, move your feet apart as far as you comfortably can, trying to keep your toes pointed to the ceiling. Then, exhale as you extend your right leg toward the sky, pushing through your heels. Pause briefly, 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.

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Full body rollovers:

Start on your back, with your arms and legs extended. Taking one arm, reach as far over to the side and up as you can until you roll that direction. Make sure to move slowly and under control. Then using the same arm, reach up and behind you, again moving under control, until you roll back to the starting position. Repeat this on the other side. Then, use your legs the same way. Focus on feeling how your bodyweight is shifting and try to stay relaxed. Do each rotation 2 times, making sure to calmly breathe throughout.



Prone Ground Slides:

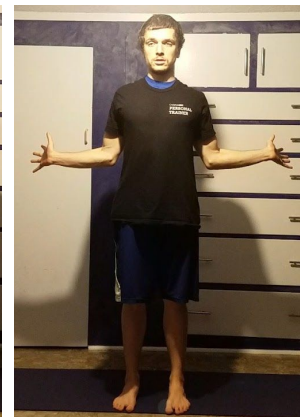
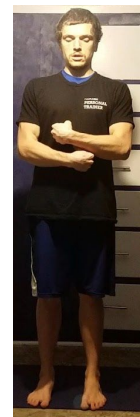
Start in a prone position (on your belly). Gently press down into the ground with your pelvis and ribcage to engage your core strongly. Start with your elbows low, essentially as close to your ribs as you can get, with your thumbs touching your shoulders and your palms forward. Trying to keep your arms parallel to ground, reach your arms upward. Focus on feeling the shoulder blades rotate as you do so.

Slowly move back to the starting position, again focusing on the rotation. Repeat this 10 times.



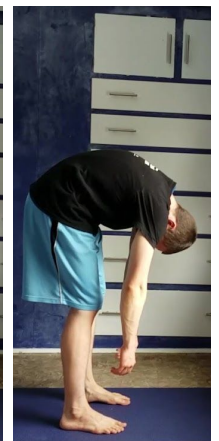
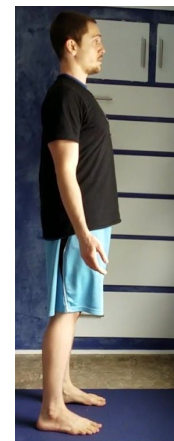
Elbow Openers:

Start in a standing position. Make sure to really engage your core for this, as you want to not have the motion happening with your ribcage. Bring your arms up to 90 degrees, with the thumbs upwards, and extend your fingers. Keeping your elbows where they're at, bring your hands inwards, making a fist and pull your wrists down as you down. Once you've gone as far in as you can, reverse the motion. Reach your hands backwards and open them as much as possible, flexing your wrist back as you do. You can breath in any pattern here, just try to move as you breathe. You could even switch patterns halfway through. Do this movement 10 times.



Forward curl

Start in a standing position, reaching your head up as high as possible. Let your arms relax as much as you can. Starting with your head, think about curling yourself downwards into a tight spiral. Try to envision doing this movement one vertebrae at a time. When you hit your end range, uncurl yourself back up, starting with the low back and finishing with your head. Do 2 curls.



Single Leg Balance:

Start in a standing position, reaching your head up as high as possible. Make sure you have weight evenly distributed through your feet. Shift your bodyweight over onto one foot, and take the other off the ground. Try to keep your upper body relaxed as much as possible, so you don't tense through your neck and shoulders. Hold the balance on one foot for 5 breath cycles, then shift to the other and hold for 5. For more of a challenge, consider closing your eyes or standing on something squishy.

