

1. All 4 Belly Lift

1. Position yourself on your hands and knees.
2. Maximally round your spine upward.
3. Tuck your hips under, feel abs engage.
4. Raise knees off floor until they are straight.
5. Shift your bodyweight so your nose is over your fingertips.
6. Raise your lift hand off the floor as you maintain a rounded trunk position.
7. Feel the left ab wall engage.
8. Don't let your trunk turn or twist.
9. Hold position while taking 4-5 deep breaths, inhale through your nose exhale through your mouth.



2. Calf Stretch

1. Get on hands and knees.
2. Exhale and push hands into ground.
3. Straighten legs and adjust feet until heels are on the ground.
4. Place one foot behind the calf of the opposite leg.
5. Breath for prescribed number of breaths.



3. Bear Crawl Forward

1. Position yourself on your hands and knees.
2. Maximally round your spine upward.
3. Feel abs engage (approximate pelvis and hips).
4. Raise knees off floor until they are straight and your heels are on the floor.
5. Bring right foot and left hand forward. Try to keep toes point forward as much as possible.
6. Knees will bend slightly as you bring feet forward, place the foot flat on the ground. Hips are high.
7. Then alternate with left foot and right hand forward.



4. Tripod

1. Place hands by hips with fingers pointed forward.
2. Sit on the ground with feet in front of you with knees bent 90 degrees.
3. Pull shoulder blades down and back, dig heels into ground and lift hips off ground.
4. Tuck your hips under, feel abs engage.
5. Continue to dig heels into ground and move hips forward.
6. Pick right foot off ground, straighten right knee, reach forward with foot.
7. Should feel, triceps and left hamstring engage.
8. Take 4 to 5 deep breaths, inhale through nose and exhale through mouth.



5. Crabwalk Forward

1. Place hands next to hips with fingers pointed forward.
2. Sit on the ground with feet in front of you and knees bent 90 degrees.
3. Dig heels into ground and lift hips off ground. Pull shoulders down and raise head as high as possible.



4. Tuck your hips under, feel abs engage.
5. Bring right foot and left hand forward. Try to keep toes and hands pointed forward as much as possible.
6. Alternate with left foot and right hand forward. Continue for required distance.

6. Single-leg Reach

1. Shift into left hip with left knee in vertical alignment with toes.
2. Keeping lower back rounded, lift right foot off ground.
3. Swing right leg back slowly in a straight line and under control. Do not swing leg cross midline of body.
4. Simultaneously move right arm forward touch ground with hand and bring left arm back with elbow bent to ninety degrees.

5. Stand up on left leg as right leg swings forward as right knee flexes forward and up. body (Slowly and under control).
6. Inhale through nose and exhale through mouth. Do 5 to 10 reps.
7. Repeat while standing on right leg for 5 to 10 reps.



1. 90-90 Left Hamstring

1. Lay on your back with heels resting on a bench or low box.
2. Legs and hips should be at 90 degree angles.
3. Slightly lift your hips off the ground (not your back).
4. Straighten right leg, breath for prescribed number of breaths.



2. 90-90 Left Adductor

1. Lay on right side with feet flat against a wall.
2. Legs and hips should be at 90 degree angles with a bolster between knees.
3. Press into the wall with right foot to round lower back, and squeeze left knee down toward bolster.
4. While squeezing down, pull knee back without rolling torso back.
5. Breath for prescribed number of breaths.



3. 90-90 Right Glute

1. Lay on left side with feet flat against a wall.
2. Legs and hips should be at 90 degree angles.
3. Press into the wall with left foot to round lower back, and push right knee forward (without moving feet).
4. Lift right knee straight up and reach forward and up as far as possible.
5. Breath for prescribed number of breaths.



4. Kneeling Ankle Mobility

1. Kneel down into a lunge position so your front shin is vertical as well as your back thigh.
2. Place front foot about 6 inches from a wall.
3. Without rotating your torso or hips, push your knee toward the wall while keeping your heel on the ground. Make sure your knee passes over your 2nd toe.
4. If your knee touches the wall, back up a few inches.
5. Slide knee forward, hold for 1-2 breaths. You should feel a stretch in your lower leg.
6. Perform for each ankle for the prescribed number of reps.

