

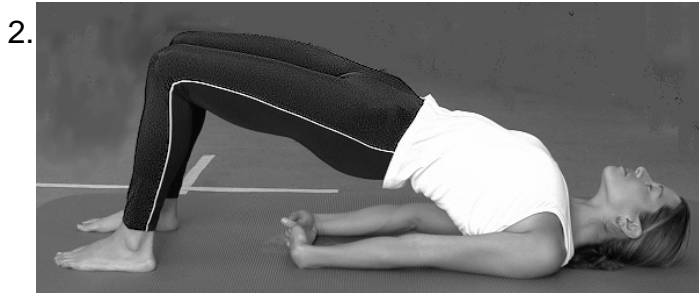


Upward Bow

1. Stand tall with feet together. Lift and lengthen the spine, tightening abdominals. Let head fall back comfortably. Extend the spine without crunching the lower back. Hold 30-45 seconds.

Interlaced Bridge

2. Lie with knees bent, feet and knees hip width apart. Lift pelvis up into a bridge. Interlace fingers under you, reaching toward your heels. Open chest and front of shoulders. Do not over arch lower back.



Hold 30-45 seconds.



Hamstring Frisk

3. Place hands on wall at rib height, shoulder width apart. Step away from the wall and hinge at hips into forward bend. Keep feet aligned directly under hips. Hold neutral spine, tailbone up. Open shoulders, allow chest to expand. Breathe! Hold 45-60 seconds. (May bend one knee to stretch single leg).

Side "C" Standing

4a. Place hand on wall at rib height. Step away from the wall until arm is straight. Keep feet and knees together. Shift hips away from the wall. Bring outside arm up and over, reaching toward wall.

4b. Do not let hips/shoulders twist. Breathe! Hold 30-45 seconds.

