

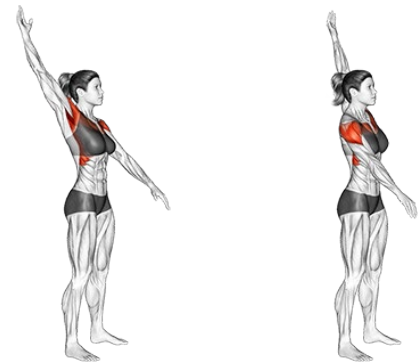
## 90/90 Hip Mobility



Start in a seated position with both knees at a 90 degree angle and the sides of the legs on the floor (both knees pointing in the same direction); one knee should be touching the sole of the opposite foot. Make your best effort to keep your rear on the floor, lift your knees off the ground and rotate at the hips until your knees are on the ground pointing in the opposite direction. Perform in each direction for 10 repetitions.

## Arm Circles

Stand with one arm extended upwards and the other towards the floor. Keep your arms straight and rotate at the shoulder in a circular motion in a controlled manner. Perform this in one direction for 30-60 seconds and then perform in the opposite direction. Repeat for 3 repetitions in each direction.

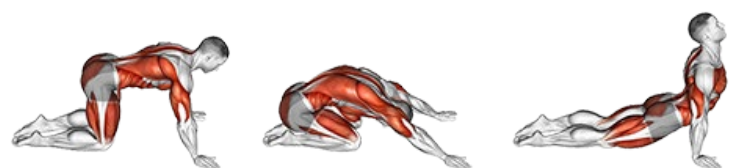


## Chest Opener

Standing upright, interlock your hands behind you with palms facing each other, keeping your shoulders back and chest facing forwards. Perform for 30-60 seconds for 3 repetitions.

## Child Pose to Cobra

Start in a table top position with a neutral spine and hand and knees on the floor. Shift your weight backwards into your hips until you are almost sitting on your heels and arms extended in front of you. Hold this position for 3 seconds. Shift back to the table top position, and then extend your hips forward and lift your chest until your chin is facing upwards and arms are fully extended under your shoulders. Hold this position for 3 seconds. Perform this movement sequence for 10 repetitions.



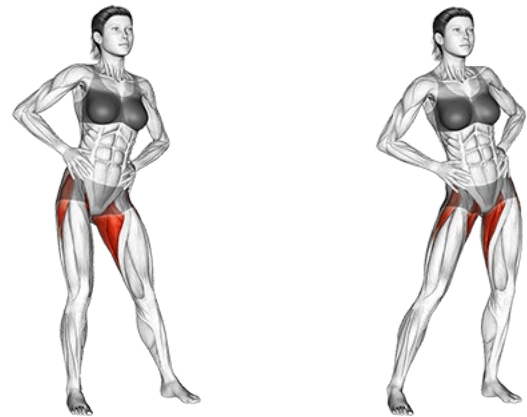


## Crescent Lunge

Step forward with one foot into a lunge position with toes facing forwards. Reach your arms overhead and slightly behind you creating a slight arch in the low back. Return to the starting position and perform on the other side. Perform for 10 repetitions on each side.

## Hip Circles

Stand with feet shoulder width apart and hands placed on hips. Rotate your hips in a circular motion. Perform for 30-60 seconds and then perform in the opposite direction. Repeat for 3 repetitions in each direction.



## Lateral Lunge

Step sideways creating a large base, and bend the leg you are stepping with until your knee is at a 90 degree angle. Sit back, shifting your weight into your heels. Perform on the other side and repeat for 10 repetitions on each leg.

## Tabletop Reach

Start in a table top position with a neutral spine and hand and knees on the floor. Take one hand off the floor and reach it underneath/across your body and then open up your chest and reach towards the sky. Perform for 10 repetitions. Repeat with the other arm.

