

## Pigeon Pose

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin on all fours.

### Movement

Bring one knee up towards your arms and rest the outside of that leg on the ground, with your other leg straight behind you. Bring your trunk forward, with your arms straight on the ground, until you feel a stretch.

### Tip

Make sure to perform this exercise slowly, and keep your back straight.

## Pigeon Pose with Gluteal Activation

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin on all fours. Cross one leg in front of your body and extend your opposite leg backward.

### Movement

Tighten your gluteal muscles, lifting your knee so that your back leg is straight. Hold briefly, then lower your knee back down and repeat.

### Tip

Make sure to keep your gluteal muscles active during the exercise.

## Supine Figure 4 Piriformis Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



### Setup

Begin by lying on your back with your knees bent. Cross one leg over the other so your ankle is resting on your opposite knee.

### Movement

Pull your leg towards your chest until you feel a stretch and hold.

### Tip

Make sure to keep your back flat against the bed during the stretch.

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## Double Leg Hamstring Stretch at Wall

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



### Setup

Begin lying on your back with your legs straight and flat against a wall.

### Movement

Hold this position. You should feel a stretch in the back of your legs.

### Tip

Make sure not to arch your low back during the exercise.

## Deep Squat with Arms Overhead

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

### Movement

Bending at your knees and hips, squat down as far as you can. You can raise your arms up to help you balance.

### Tip

Make sure to keep your back straight and maintain your balance during the exercise. Do not let your knees move forward past your toes during the squat.

## Sit to Stand with Arms Crossed

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin sitting upright in a chair.

### Movement

Cross your arms on your chest and lean your torso forward, then press into your feet to stand up. Slowly sit back down and repeat.

### Tip

Make sure to maintain your balance and try to keep your weight evenly distributed between both legs. Do not lock your knees when you are standing.

PLANK WITH VEST ON ⇒ WORK UP TO 60 SEC.

## Clamshell with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



### Setup

Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs.

### Movement

Raise your top knee away from the bottom one, then slowly return to the starting position.

### Tip

Make sure not to roll your hips forward or backward during the exercise.

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## Bird Dog

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



### Setup

Begin on all fours, with your arms positioned directly under your shoulders.

### Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

### Tip

Make sure to keep your abdominals tight and hips level during the exercise.

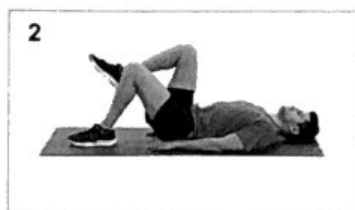
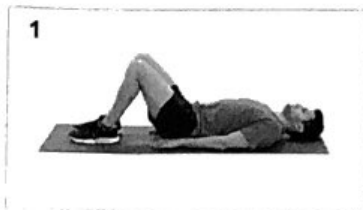
## Supine March

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

### Movement

Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

### Tip

Make sure to keep your trunk stiff during the exercise and do not let your low back arch.

## Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin in a standing upright position in the center of a doorway.

### Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

### Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.