

## Directions:

Complete these exercises in order before every workout, or complete them as a supplement to your daily routine. Complete each exercise for 3 reps (per side if applicable) once through. Focus on your breathing throughout each phase of each exercise. It is also recommended to do 3-5 full breath cycles while lying on your back prior to this series of movements. If you choose to do so, focus on breathing in and out through the nose with each breath expanding your stomach and rib cage.

### Cat-Cow

Position yourself on the floor or a mat on all fours. Slowly raise and round your back so that it curves up. Hold position for a few seconds before returning to starting position. Then, do the opposite, by arching your back inward. Hold for a few seconds before returning to starting position.



### Bird-Dog

Position yourself on the floor or a mat on all fours. Slowly, extend opposite arm and opposite leg. Hold for a second, then return to starting position. Be sure to alternate sides between each rep. Keep your hip bones square to the floor throughout the exercise, try your best not to let them move or sway.



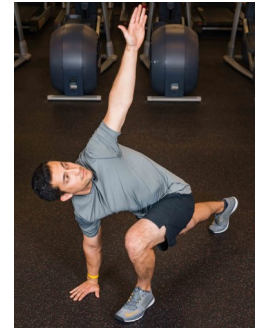
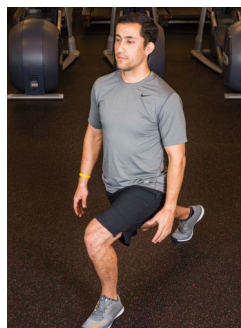
### 90-90 Hip Twist

Take a seat with your arms on the floor behind you, knees bent to 90 degrees and feet about a foot apart. Slowly drop both knees to the right while keeping your chest forward. Switch directions for the prescribed number of reps.



### Reverse Lunge Twist

Start with one leg extended behind you while keeping the front leg bent at 90 degrees. Bring both hands to the inside of the front foot and place them on the floor. Twist your upper back, raise the inside arm and rotate your chest to the inside knee. Come back the way you came, switch legs and repeat.



## Cross Side Lunges

With your chest up and shoulders back, take a controlled, lateral step to the left while keeping your toes pointed forward. Drive your weight into your left leg, drive right arm across the body, sit back into your glutes, and keep your right leg straight. Your hip, knee and ankle should be in a straight line. Push off from your left leg back into your starting position and repeat on the right side.



## Ankle Rockers

Grab onto a nearby support and balance on one leg. While keeping your knee straight, lift that heel high off the ground. Now, keeping your heel high, bend that same knee and drive your hips back to a comfortable position. Pause for a second and then drive your body up. Lower the heel and switch sides.



## Balance Reach

Start standing on the right leg and drive the opposite knee up above hip level. Your right arm should be up in the air. Pause, then slowly extend that left leg back as you reach your left arm forward. Reach both the arm and leg as far as comfortable while keeping your hips square to the floor. Pause, and then switch back to starting position. Repeat the prescribed number of reps on the same leg and then switch sides.



## Bodyweight Good Morning

Start standing tall with your chest out and hands interlocked behind your head. Slightly bend your knees and then push your hips back as far as comfortable without letting your back bend. You should feel a big stretch in the hamstrings. Pause, then come tall and repeat for the prescribed number of reps.

