



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



VIDEO



CHILD POSE - PRAYER STRETCH

While in a crawl position, lower your buttocks towards your feet and drop your chest to the floor.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



VIDEO



PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows. Keep your hips and pelvis on the ground.

Hold 1 Minute
Complete 1 Set
Perform 1 Times a Day



VIDEO

KNEE TO CHEST:

Lie on your back with both knees bent and your feet on the floor. Make sure your head is comfortable.

Reach down and grab the back of your thigh above the knee, pulling it toward your chest and then return it to the floor. Repeat with the other leg.



Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



VIDEO

ROTATIONAL QUADRATUS STRETCH

While lying on your back, cross one leg on top of your knee as shown. Next, slowly lower your knees down towards the ground on the side which has the leg on top.



Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



VIDEO

SEATED PIRIFORMIS STRETCH

While sitting in a chair, cross your leg and place the ankle of one foot on the knee of the other leg.

Next, pull the top knee upward towards your opposite shoulder for a gentle stretch.

From the same seated position, instead of pulling the knee to the chest try simply leaning forward with your chest while maintaining an arch in your lower back. Do not slouch!



Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



VIDEO