

STRETCH BED

STRETCHES

& EXERCISES

GENERAL TIPS

HOLD each stretch 15 to 30 seconds

BREATHE with slow deep breaths

LISTEN to your body

STRETCH to discomfort, not pain



QUADRICEPS STRETCH

Tuck tailbone and press pelvis gently into the mat to prevent lower back arching; keep knees aligned.



HANGING HIP FLEXOR STRETCH

Tuck tailbone and press lower back gently into the mat to prevent lower back arching; let gravity do the work on the hanging leg.



90/90 STRETCH

Unlock your hips and relieve lower back tension. Keep spine tall and hinge forward from the hips. Be sure to switch sides!



KNEELING LUNGE HIP FLEXOR STRETCH

Tuck tailbone to prevent lower back arching and squeeze the back glute as you gently shift your weight forward; keep torso tall.



CHILD'S POSE

Spread your knees wide to create space for your torso. Slowly sink your glutes back to rest on or near your heels and rest your forehead on the mat or a yoga block. Lengthen your spine and actively reach your fingertips away from you to stretch your lats. For a deeper side stretch, walk both hands to the right (or left).



LEG UP THE WALL

Scoot your hips as close to wall as possible and tuck your tailbone, pressing your low back gently into the floor. Flex/extend your ankles.



WALL-ASSISTED FIGURE FOUR

Relieve tight glutes and lower back tension. Actively flex the ankle of the crossed leg to protect the knee joint from unwanted strain. Too intense? Scoot your hips further away from the wall.



SPINAL TWIST

Initiate the twist from your mid-back and keep your shoulders grounded.