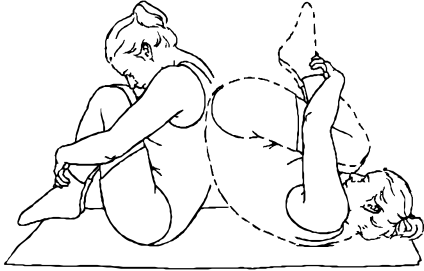




Rolling



Sit with knees to chest, holding ankles. Lift feet off mat and round spine. Inhale, rolling back to shoulders. Exhale, rolling back to seat.

Repeat 10 times.

NOTE: Avoid rolling onto neck or head.

Single Leg Stretch

Variation: CrissCross

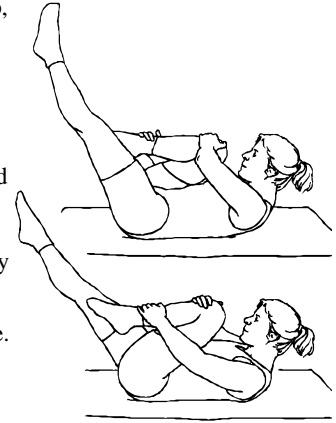
Lie on back, legs at tabletop, head and shoulders off mat. Inhale to get ready. Exhale as one leg stretches out.

Inhale back to start.

Alternate legs. Variation: Place hands behind head and add oblique crunch as leg extends, bringing armpit to opposite knee. Move slowly and stabilize torso.

Repeat 5 times on each side.

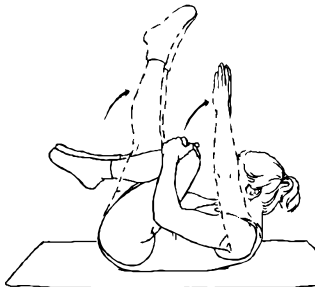
NOTE: Keep abs strong and shoulders relaxed.



Double Leg Stretch

Lie on back, legs at tabletop, head and shoulders off mat. Inhale to get ready. Exhale as legs stretch out and arms reach overhead. Inhale back to start.

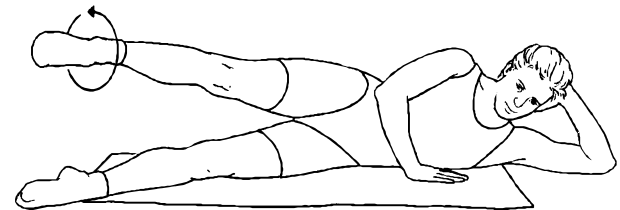
Repeat 10 times



NOTE: keep abs strong and shoulders back, neck in line with spine

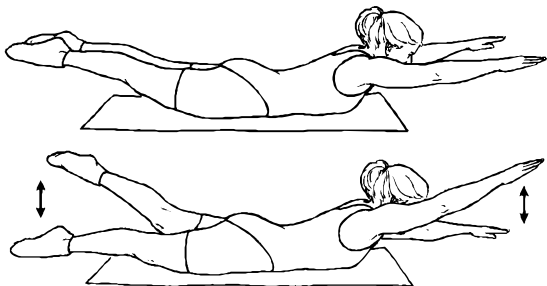


Side Leg Circle



Lie on side, back straight along edge of mat, legs 30° in front of torso. Lift top leg to hip height. Rotate in small circle, 5 times in each direction. **PREFERRED OPTION: PUT HEAD DOWN ON ARM**

Swimming



Lie on stomach. Engage abs, lift arms, upper body, and legs, keeping head in line with spine. Smooth inhale & exhale while fluttering arms and legs in opposition

30 flutters

NOTE: Do not arch neck. Keep arms and legs long.