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9F1M-3TWG-F79P

#1. Child's Pose

Start on your hands and knees with a neutral back. Move your knees out slightly wider than your hips while keeping your ankles in place. While keeping your hands in place, slowly lower your buttock towards your feet until you feel a stretch. Hold momentarily and then return to start.

Sets	2
Holds	30-60 Seconds
Daily	1

#2. Quadruped - Cat Camel (Cat Cow)

Start on your hands and knees with a neutral back. Inhale deeply as you begin to round your back towards the ceiling and allowing the top of your head to hang down toward the floor. Hold this position, then slowly exhale while reversing your neck and torso position. Your head should be upright with your back arched and your belly button driving towards the floor. Hold your breath momentarily, then return to start.

Sets	2
Reps	8
Holds	2-3 Second Holds
Daily	1

#3. Quadruped Rocking

Start on your hands and knees with your back arched up or in a neutral position. While keeping your back in this position, SLOWLY rock back towards your heels. Return to start.

Sets	1
Reps	10
Holds	3 Seconds
Daily	1

#4. Open Books - Side Lying Thoracic and Lumbar Rotation

Start by laying on one side with your top knee bent in front of you. You can hold that knee down with your hand. While keeping your pelvis still, have your head and trunk follow your other hand around your body until you feel a comfortable stretch. Return to start.

Sets	2
Reps	5
Holds	2-5 Seconds
Daily	1

#5. Bridge

Start lying on your back with your knees bent and feet flat on the floor. Place your arms next to your sides. Raise your hips toward the ceiling by squeezing your abdominals and glutes until your body is in a straight line from your knees to your upper chest. Hold position momentarily, then return to start.

Sets	3
Reps	10
Holds	2 Seconds
Daily	1

#6. Abdominal Bracing - Supine Marches

Start by lying on your back with both knees bent. Then, squeeze your abdominal muscles to stabilize your hips and spine (push down into the floor). Keep your knees bent while bringing one leg up toward your chest until your knee is directly over top of your pelvis. Hold position momentarily, then slowly return leg to start and alternate.

Sets	2
Reps	15
Daily	1