

# The Stretch to Win™ Matrix

## Core Four Lower Body Stretches

1

### Hip Flexors



1. Lunge position



2. Arm reaches up



3. Side bend



4. Trunk rotation

1. Begin in a lunge position with the right leg back. Keep your chest lifted up as you press your right hip forward. Take a deep breath and exhale as you wave into the stretch. Release the stretch slightly on the next inhale and repeat wave into the stretch on the exhale again. Repeat the stretch wave as many times as necessary using the breath until you feel the tissue release.
2. Reach your right arm up as you continue pressing right hip forward-again exhale into the stretch wave as you reach your hands upward and lift your torso and arch back slightly. Inhale as you release the stretch position.
3. Lean your body over to the left side and push right hip out slightly as you exhale into stretch & inhale on release.
4. Rotate your torso by turning your chest upward. Reach right hand up and turn palm to ceiling or sky, play with the angles of your arm as you exhale. Repeat until you feel all the tissues are moving freely. Now move into the glute stretch series.

2

### Glutes



1. Beginning position



2. Leaning torso forward



3. Dropping over as far as possible

1. From the last hip flexor position, bring the right leg forward as you move to the floor in a sitting position. Lengthen your torso out from the top of your head as you exhale.
2. Bend your elbows and lower body down toward floor or ground on your exhale, move around into different positions toward your front knee and toward your back knee. Continue using your breath to wave into and out of the stretch until you feel your tissue release.
3. Drop your body down further toward the floor and move back and forth from side to side.

3

### QL



1. Lengthen torso outward



2. Drop down onto your right arm



3. Reach arm overhead

1. Lift your torso up from the last position, again lengthen your torso out from the top of your head as you exhale.
2. Drop onto your right forearm and press your left hand into the floor as you exhale to open up QL & lateral line.
3. Inhale from last position and exhale as you reach your left arm overhead.
4. Rotate torso lifting chest to the ceiling or sky as you exhale and continue reaching hand outward. Turn your palm up toward the ceiling.

4

### Lats

**Repeat Entire Series on the Other Side**