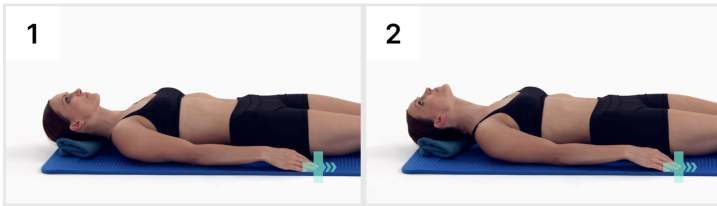


1. Full Extension

Sets: 1 • Reps: 10

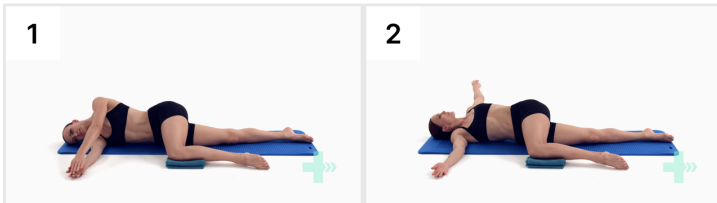


Lie flat on your back with a small pillow or towel under your head.

Keep your legs straight and reach your arms up overhead for a full body stretch. Return them back down to your side. Repeat x 10.

2. Upper trunk rotation

Sets: 1 • Reps: 10



Lay on your side with your top leg crossed forward over your bottom leg.

Reach both arms straight out in front of you.

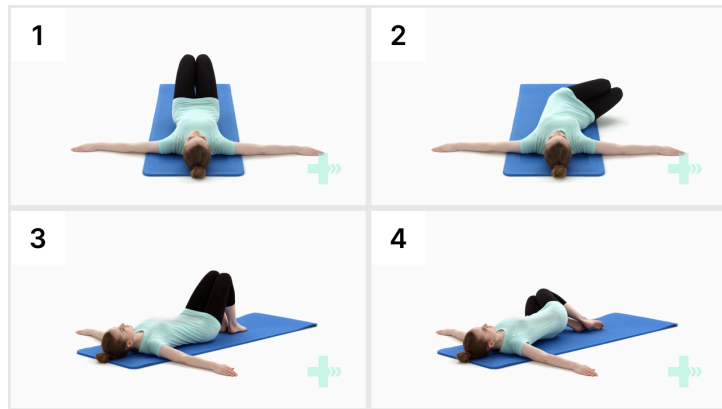
Bring the top hand up to the ceiling and then reach back behind you. Return to the start position with both hands extended out in front of you.

Your eyes should follow your top hand as you rotate through this movement.

This is helping to open your spine and chest.

3. Low back rotation

Sets: **1** • Reps: **10** • Hold: **30s**



Lie on your back with your knees bent and your feet flat on the floor.

Keeping your knees together, drop them down to one side. Turn your head in the opposite direction.

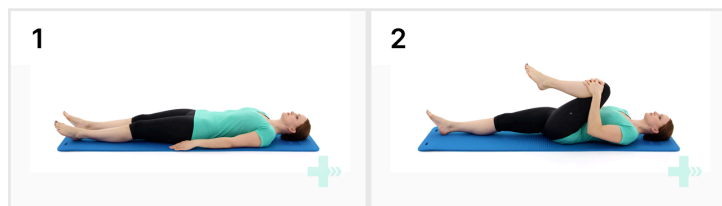
Return to the starting position, and take your knees across to the opposite side.

Think about rotating your spine.

Complete x 10 to each side without pause. Then hold x 30 seconds for 2x on each side.

4. Knee hugs

Sets: **1** • Reps: **10** • Hold: **30s**



Lie on your back with both legs straight.

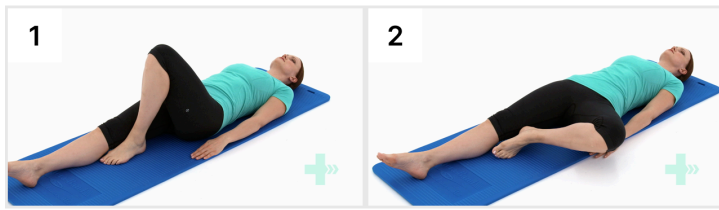
Bring one knee in towards your chest, using your arms on your shin to help with the movement.

Kick your leg out straight and repeat on the other side.

Complete x 10 each leg without pause. The hold for 30 seconds x 2 repetitions on each side.

5. "Butterfly" stretch

Sets: 1 • Reps: 3 • Hold: 60s



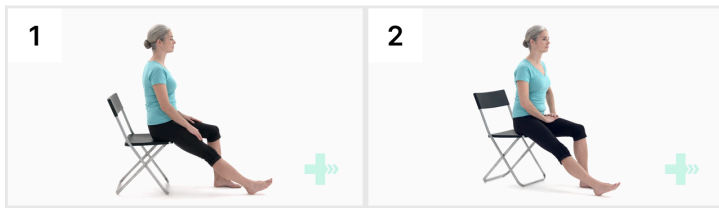
Lie on your back with your legs straight out in front of you.

Bend up both knees and then let them fall out to the side so the bottoms of your feet are touching.

You should feel this stretch in your inner thigh/groin area.

6. Hamstring stretch

Sets: 1 • Reps: 3 • Hold: 30s



Sit in a chair.

Place 1 leg straight out in front of you with your knee straight and your heel on the ground.

Keeping your back straight, bend forwards from your hips like you are trying to touch your toes.

Keep your knee straight.

You should feel a stretch down the back of the thigh.

Hold and then relax.

Repeat on the other side.

7. Seated thoracic extension

Sets: 1 • Reps: 10



Sit with your back straight against a chair.

Place your hands behind your head and hold your elbows together.

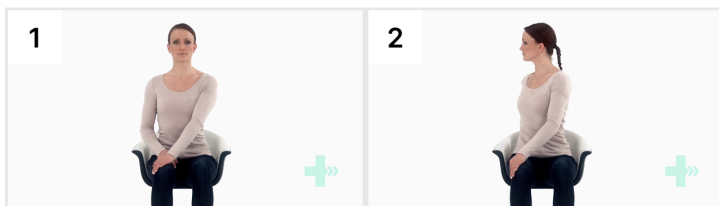
Bend your upper back backwards to look up toward the ceiling as you bring your elbows apart to open your chest.

Transition back to the starting position by rounding forward, looking down, and bringing your elbows together.

Transition back and forth between these positions x 10.

8. Seated trunk rotation

Sets: 1 • Reps: 5



Start in a seated position.

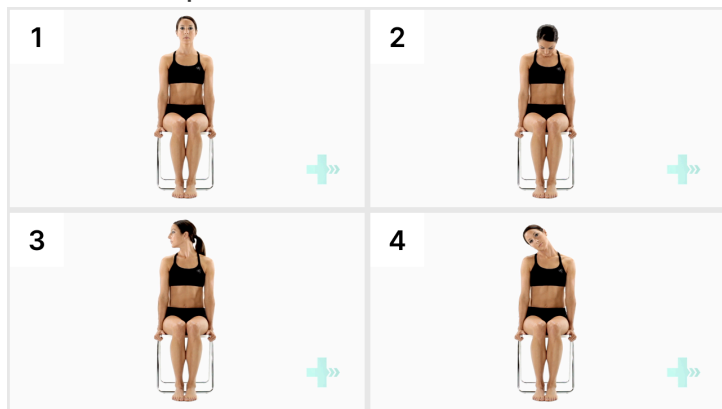
Keeping your knees in line, place one hand on the opposite knee or grasp on to the side of the chair.

Rotate your back to look over your shoulder, using your hands to help pull you further into the twist.

Return to the starting position, and repeat for the opposite side.

9. Cervical Mobility

Sets: 1 • Reps: 10



Start in a seated position looking straight forward.

Look down towards the floor, look up towards the ceiling. Repeat x 10.

Look over your right shoulder, look over the left shoulder. Repeat x 10.

Take your right ear to your right shoulder, take your left ear to your left shoulder. Repeat x 10

Keep your shoulders down at all times.