

Standing Quad Stretch

Begin in a standing position holding onto wall or chair. Bend your knee and grab your foot with your hand. You should feel a stretch on front of your thigh, hold 10 seconds, repeat on the other side.



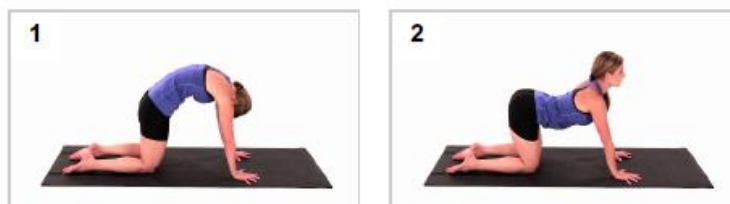
Prone Press Up on Elbows

Begin lying on your stomach. Push up on your elbows keeping your hips on the floor and maintaining a gentle chin tuck. Hold 10 seconds, repeat 5x.



Cat-Camel Stretch

Begin on all fours with your arms directly under your shoulders. Slowly round your back up, then let it sag toward the ground. Keep movements slow and controlled, repeat 5x.



Child's Pose Stretch

Begin on all fours. Sit your hips back reaching your arms overhead and relaxing your chest towards the ground. Breathe and relax into the stretch. Hold as long as comfortable.

