

Stretching Exercises

Chair downward dog

- Sit in chair and reach your hands down to your toes or the floor in front of your toes, go as far as your body allows.

Chair side stretch

- Sit in chair and lean down one side by bringing your same side arm down to your foot and bringing the arm over your head, reaching for the sky.

Open chest chair stretch

- Sit in chair and bring your arms together behind you. Pull as far as you can to open up your chest and shoulders. Hang your head to feel a stretch along your spine.

Cross over leg stretch *this can be done on the floor, bed, or any other level surface where you feel comfortable.*

- Lay on your back and cross one leg over the other, straight, while trying to keep your upper body still. Should be stretching your crossed hip/ butt/ thigh.

4 Floor stretch *this can be done on the floor, bed, or any other level surface where you feel comfortable.*

- Lay on back and cross one leg over the other so the ankle is resting on the knee/lower thigh. Pull the uncrossed leg closer towards your face to feel a deeper stretch.

Hamstring pull *this can be done on the floor, bed, or any other level surface where you feel comfortable.*

- Lay on back and by using a strap, bungee cord, towel, your hand, or anything else that is sturdy, pull one straight leg up and towards your face while trying to keep the other leg straight on the ground. With the same leg in hand, open up your leg so you are stretching the inner thigh.

Quad pull *this can be done on the floor, bed, or any other level surface where you feel comfortable.*

- Lay on belly and by using a strap, bungee cord, towel, your hand, or anything else that is sturdy, bring your foot as close to your butt as possible by bending your knee while keeping the other leg flat on the ground.

Cobra to child's pose *this can be done on the floor, bed, or any other level surface where you feel comfortable.*

- Lay on belly and by extending your arms, lift your upper body up while keeping your hips on the ground. Hang your head to feel a stretch along your spine

- Move from this position fluidly into bringing your butt to your feet and your upper body to the ground. Reach your arms as far forward as possible and hang your head.

