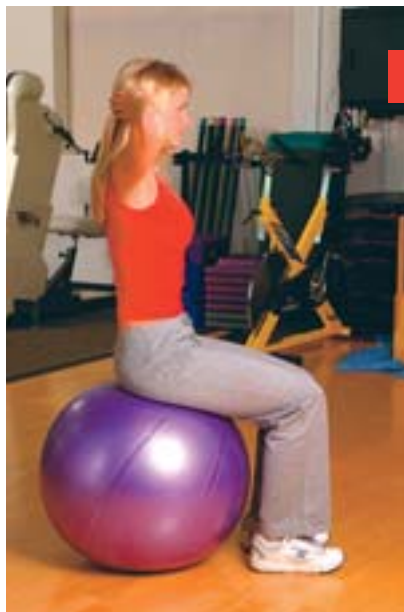


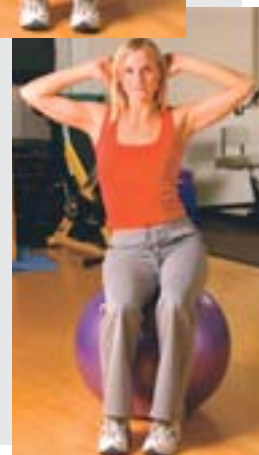
Sample Flexibility Workout



SEATED MOBILITY

◀ Pelvic tilt

Start in a seated base position. Exhaling, contract the abdominal muscles and tilt the pelvis posteriorly. Inhaling, lengthen your spine and gently tilt the pelvis anteriorly. Focus on isolating the pelvis and improving mobility in the lower spine.



▲ Pelvic Circles

Start in a seated base position. Slowly circle your hips clockwise three to five times; reverse, circling counterclockwise. Focus on releasing tension in the lower back.



SUPINE



▲ Back Extension

Start in a seated base position with fingertips supporting the back of the head, elbows out. Walk the feet out slowly until the upper back is lying on the ball while continuing to support the head and neck. For a more advanced stretch, lengthen the arms overhead and straighten the legs. Breathe deeply and hold the static stretch.



▲ Knee Hug

Start on a mat in a supine position with calves on the ball. Exhaling, contract the abdominal muscles and draw the knees toward the chest, pulling the ball toward the buttocks until a stretch is felt in the lower back. Inhaling, lengthen the legs. Repeat the dynamic stretch three to five times. Hold a static stretch with knees toward chest if desired.



PRONE

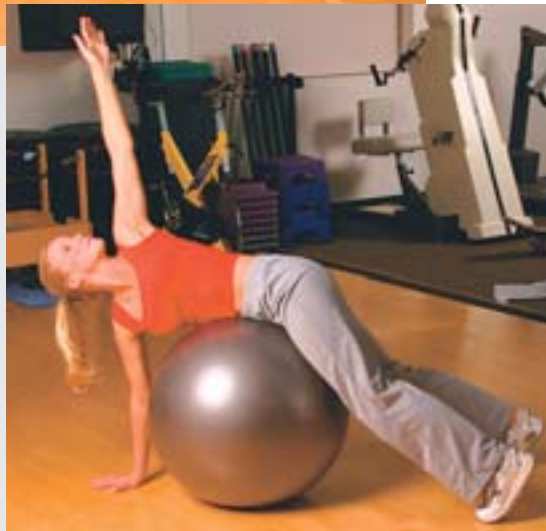


▲ Trunk Flexion

Start by lying prone with the trunk supported, with the hands and feet on the floor. Relax and lie forward over the ball, releasing tension through the back of the neck. Breathe deeply and hold the static stretch.

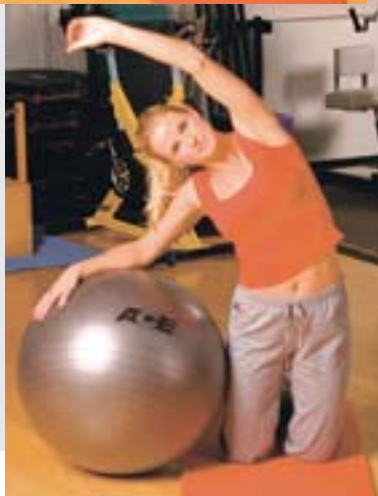
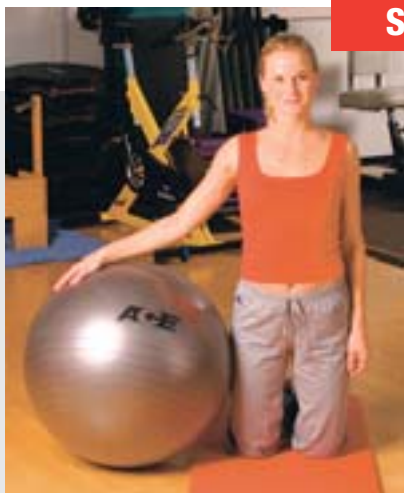
▲ Trunk Rotation

Start by lying prone with the trunk supported. Keep the right arm on the ground. Inhaling, rotate to the left while sweeping the left arm up to the ceiling. Exhaling, return to the starting position and then repeat on the other side. Continue alternating three to five times on each side.

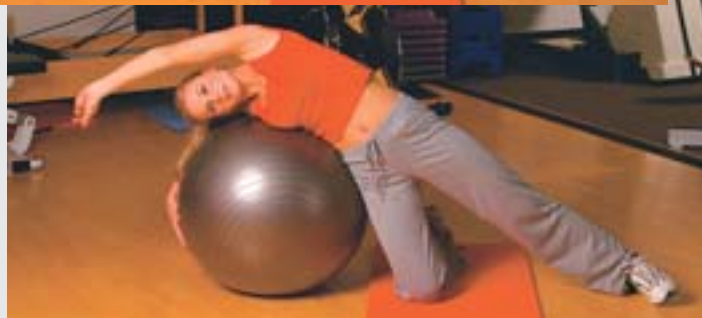
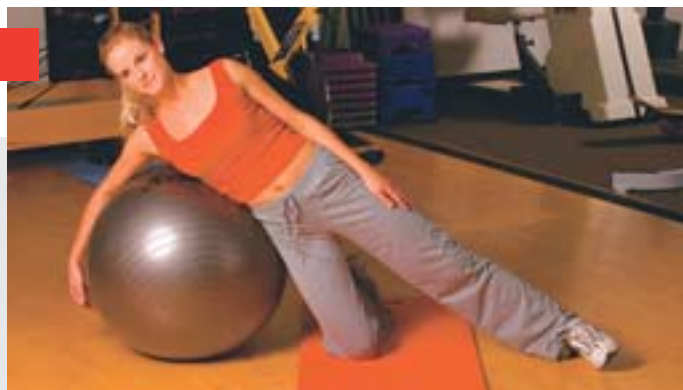


▲ Kneeling Side

Start by kneeling upright on a mat with the ball at the side of the right hip, right hand on the ball, and left arm hanging close to the torso. Exhaling, sweep the left arm in a wide arc up and over the head. Inhaling, sweep the left arm back to start. Repeat three to five times. Hold the final arc in a lifted position for a static stretch. Repeat on the other side.



SIDE



▲ Side-lying Trunk

Start in the side-lying base position on the right side with the right leg bent, the right arm on the ball, the left leg stretched out to the side, the left arm resting on top of the side of the thigh, and the neck in neutral position. Exhaling, sweep the left arm in a wide arc up and over the head, stretching the entire left side of the torso while relaxing the neck. Inhaling, sweep the left arm back to start and lift the neck back to a neutral position. Repeat three to five times. Hold the final arc in the extended arm side-lying position for a static stretch. Repeat on the other side. 