

Lower Body Stretch: Seated/Lying

1. Forward Fold (feet together/toes pulled back/calves to floor)
2. Straddle Splits(straight/left/right)
3. Butterfly(hands clasp tops of feet)
4. Butterfly(elbows press inside of knees)
5. Seated Back Twist(left/right)
6. Lying Knees to Chest(both/left right)
7. Lying Spinal Twist(left/right)
8. Lying Hip Stretch(heel at forehead height)
9. Lying Side Quads Stretch
10. Prone Alternate Arm/Leg Lift (lift left arm/right leg- right arm/left leg)
11. Push-up position to back extension (cobra)
12. V-stretch(heels to floor)
13. Split Squat
14. Lying Straight Leg Cross-over
15. Lying Straight Leg Same-side