

Flexibility & Mobility

Equipment needed:

*Yoga Mat or comfortable flooring
(carpet)*

These flexibility exercises can be performed in the following manner:

1. Complete all exercises as a warm-up prior to your workout
2. Pick & choose 3-5 of your favourite stretches to complete prior to your workout
3. As a stand-alone session

Flexibility & Mobility

1. **Active Hamstring:** 3-5x/side; Hold 2-3 sec
2. **Best Stretch Combo:** 3x/side
3. **Frog Stretch:** 2-3x; Hold 5-10 sec
4. **Lying Glute Stretch:** 2-3x/side; Hold 5-10 sec
5. **Cat Cow:** 3-5x
6. **Walking Child's Pose:** 3x/side; Hold 5-10 sec
7. **Press-up:** 3-5x; Hold 2-3 sec
8. **Butterfly wings:** 3x/side
9. **Lumbar Mobilization:** 3-5x/side
10. **Open Book:** 3x/side; Hold 3-5 sec

Exercise Instructions

Active Hamstring

1. Take a step forward with one leg and pull up your toes.
2. Bend from your hips and reach down towards your front foot. You should feel a stretch in the back of your front leg.-
3. Go as low as you comfortably can.-
4. Move your arms forward and raise your upper body back to an upright position.
5. Repeat the movement on your other leg gradually walking forward and increasing the stretch each time.

Exercise Instructions

Best Stretch Combo

1. Begin by hugging your knee to your chest (hold for maximum 3 seconds)-.
2. With that same leg, take a long step into a deep lunge position.
3. With the opposite arm, turn your chest away from your opposite bent knee, and open your arm into a wide stretch (3 seconds).
4. Bring your arm back to the front.
5. Lean back slightly and try to straighten your front leg to feel a stretch in the back of your thigh (hamstring).
6. Stand back up and repeat sequence with opposite leg.

Exercise Instructions

Frog Stretch

1. Come down on to both knees. Push your chest out and bring your shoulders back.
2. Widen your knees to bring a stretch to the inside of your thighs.
3. Keeping your chest out and shoulders back, lean forward from your hips to bring your hands and then elbows towards the floor.
4. Bring your knees a little wider to get a good stretch.
5. Hold for the prescribed time and number of reps.

Exercise Instructions

Lying Glute Stretch

1. Lie on your back with legs outstretched in front and your arms out to the sides making a T like shape.
2. Lift one leg across your body aiming to get your knees up towards your opposite hand. Keep both shoulders on the ground.
3. Use the hand nearest to your foot on the crossed over leg to assist in pulling it up and across as far as you can.
4. Hold for the prescribed time and reps.

Exercise Instructions

Cat Cow

1. Begin on all fours, hands under shoulders, knees under hips. Knees and feet hip width apart.
2. Take a deep breath in, as you breathe out draw shoulder blades down and together.
3. Press hands into floor. Lift chin and slowly arch back to your comfort level.
4. As you inhale tuck chin into chest and round spine and expand rib cage.
5. Repeat sequence for prescribed number of reps.

Exercise Instructions

Walking Child's Pose

1. Start on all fours.
2. Extend your arms directly out in front of you while sitting back on your heels and bring your chest to the floor.
3. Slowly walk your hands over to one side as far as you can comfortably go. Hold the end position for 10 seconds. Slowly walk your hands back to the center and repeat on the other side.
4. Repeat for the prescribed reps.

Exercise Instructions

Press-up

1. Lie on the floor face down with your hands in front under your shoulders.
2. Slowly use your arms to push and lift your chest and ribs off the floor. Go to your comfort level (exhale while lifting the chest off the floor).
3. Hold for the prescribed time. Slowly lower back down.
4. Repeat for the prescribed number of reps.

Exercise Instructions

Butterfly Wings

1. Start on your hands and knees with hands directly under your shoulders and knees directly under your hips. Your head should be looking to the ground in a neutral position.
2. Bend at one elbow and put your hand on the side of your head.
3. Keeping your hips level and facing the ground, twist your torso so that your bent elbow comes up and back as far as you can bring it.
4. Turn back to bring that elbow back down to the start position. Thread that arm under your body and between your opposite arm and knee and reach as far as you comfortably can.
5. Repeat, increasing the range a little with each repetition.

Exercise Instructions

Lumbar Mobilization

1. Lie on your back, bend your knees, touch them together and place your feet flat on the ground.
2. Bring your arms up outside your shoulders to form a T like shape.
3. Gently roll your knees to one side to feel a stretch in your lower back.
4. Roll your knees back the other way.
5. Keep both shoulders in contact with the ground through the entire exercise.

Exercise Instructions

Open Book

1. Lie on one side with head supported in a neutral position and knees bent. Have both arms outstretched in front of your shoulders with your hands together.
2. Raise your top arm to come up and then across your body (turn your head and shoulders with it).
3. Bring your arm, shoulders, & head back into the start position and repeat trying to increase your range slightly each time.
4. Repeat on other side.