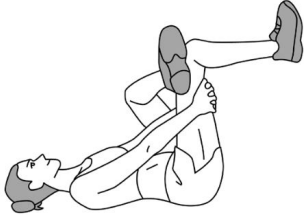

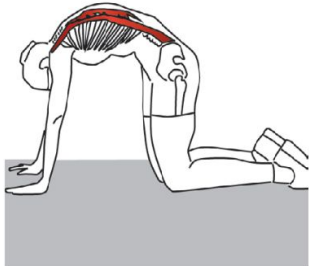
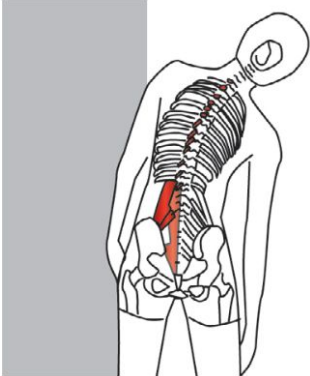
	<p>Lay on your back, bend your knees into your chest and take your arms out like a T.</p> <ul style="list-style-type: none"> <li>- As you exhale, lower your knees to the ground on the right</li> <li>- Keep both shoulders pressed firmly down</li> <li>- If the left shoulder lifts, lower your knees further away from the right arm</li> <li>- Hold for 1-2 minutes on each side</li> </ul>
	<ul style="list-style-type: none"> <li>- Lying on your back, bend both knees with the feet flat on the ground</li> <li>Bend the right knee like a figure four with the outer left ankle to the right thigh</li> <li>- Lift left foot into the air, bring the left calf parallel to the ground</li> <li>- Thread your right hand between the opening of the legs and interlace your hands behind your left thigh</li> </ul> <p>Hold 2-3 minutes and then repeat on the other side</p>
	<ul style="list-style-type: none"> <li>- Keep one leg on the ground; put one foot on a chair with a step with leg straight</li> <li>- Bend forward at the hip. Hold for 30 seconds</li> <li>- Repeat on the other side</li> <li>- Do not attempt to touch your toes as this will stretch your back, and the goal of this exercise is to isolate your hamstring muscles in the leg that is being supported by the chair</li> </ul>
	<ul style="list-style-type: none"> <li>- Position yourself on the floor with on your hands and knees</li> <li>- Pull your stomach in around your spine, lower back, shoulders and neck, letting your head drop</li> </ul> <p>Hold for 15-20 seconds</p>
	<ul style="list-style-type: none"> <li>- Stand straight with legs slightly open</li> <li>- Slowly bend your body to one side while keeping your head facing forward</li> <li>- slide hand down the leg until stretch is felt on the opposite side. The stretch should be felt from the hip to the lower back</li> <li>- Hold for 20-30 seconds</li> </ul>