

DOUBLE KNEE TO CHEST STRETCH - DKTC

While lying on your back, hold your knees and gently pull them up towards your chest. □ Relax head and shoulders, do not raise off the floor/mat. Video # VVSHPUFNG



Repeat 3 Times
Complete 1 Set

Hold 20 Seconds

SINGLE KNEE TO CHEST STRETCH - SKTC

While lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat. Relax head and shoulders, do not raise off the floor/mat. Video # VV3W4RJUU



Repeat 3 Times
Complete 1 Set

Hold 20 Seconds



Open Book

Lying on your side, arms straight out in front of you. Keeping arms straight, move top arm away from bottom and try to reach back of hand to opposite side of mat while keeping lower half still (legs don't move). Repeat on opposite side.

Repeat 3 Times

Hold 20 Seconds



Prayer stretch

Place hands on table and stretch back as shown. Also walk hands to either side to stretch as shown to intensify side stretch.

Repeat 3 Times

Hold 20 Seconds