



Stretches Rear shoulders, left / right obliques, back neck

Seated Side Stretch

This is an excellent stretch to do both as a gentle warm-up and at the end of a workout as a releasing pose. It can and should be adjusted based on how the body is feeling to encourage the proper stretch and release.

Sit with the soles of your feet together and bent knees to the sides. Place your right hand on the floor straight from the hip. Inhale and reach your left arm up and over to a side bend. Come back to center and switch sides. Take a breath in the seated position.

Hold for 30 seconds to 2 minutes.

Butterfly Stretch

This exercise stretches your inner thighs, groin, hips, and lower back. If you are prone to lower-back discomfort, take extra care to lean forward from your hips rather than rounding your lower back.

Sit tall on the floor with the soles of your feet together, knees bent out to sides. Hold onto your ankles or feet, engage your abdominals, and slowly lower your body toward your feet as far as you can while pressing your knees toward the floor. If you're too tight to bend over, simply press your knees down. Hold this stretch for 30 seconds to 2 minutes.



Stretches hips, glutes, back, thighs



Stretches calves, hamstrings, spine

Seated Forward Bend

This stretch gives the whole back of your body a good stretch, from your calves to your hamstrings to your spine. It also stretches these areas and helps open up your hips.

Sit on the floor with your legs straight in front of you, inhale the arms up over the head and lift and lengthen up through the fingers and crown of the head. Exhale and hinging at the hips, slowly lower the torso towards the legs. Reach the hands to the toes, feet or ankles. Breathe and hold for 3-8 breaths.

Sphinx Pose

This pose stretches the lower back in a gentle way—plus, it engages your abdominals, which further supports the lower back.

Lie on your stomach with your legs straight out behind you. Place your elbows under your shoulders and your forearms on the floor as you lift your chest up off the floor. Press your hips and thighs into the floor, and think about lengthening your spine while keeping your shoulders relaxed. Sit up just enough to feel a nice stretch in your lower back. Don't hyperextend, and stop immediately if you start to feel any discomfort or pain.



Stretches lower back, chest, shoulders



Stretches lower back, hips, hamstrings

Knee to Chest Stretch

For your safety, start doing the knees-to-chest stretch with one leg only. If, after a few days, you're performing it without pain, it's likely time to advance to lifting both legs. Lie on your back with both legs extended. Pull your right knee into your chest, while keeping the left leg straight and your lower back pressed into the floor. Hold for 30 seconds to 2 minutes. Repeat on the other leg.