

Equipment Needed:

Mat

Foam Roller

Exercises:

Bridge Ups – 20 reps or 10 reps (hold at top 5 seconds each)

Side Lying Leg Lifts/Outer Thigh

Superman

Plank

Stretches – hold each for 30 seconds to 3 mins

- Kneeling Side Bends – 10 reps each side or hold one side 30 secs to 3 mins then switch side.
- Knees to Chest Stretch
- Foam Roller Spinal Twist with Top Foot Anchored Lower Calf
- Foam Roller Cross Legged Stretch
- Kneeling Hip Flexer Stretch
- Kneeling IT Band Bend Knee Stretch