



Rotate fully toward the ceiling, then reach under and stretch.

Repeat 15 times to each side.



Pull both knees to the chest. Hold for 30 seconds as you gently rock back and forth.

Repeat 5 times.



Lift into the bridge position. Now extend one leg to balance on the other leg

Hold for 10 seconds. Repeat 5 times on each side.



Bring yourself into the side bridge position and reach toward ceiling.

Hold for 30 seconds. Repeat 15 times on each side.

These exercises are to be done every second day, to a maximum of 4 times per week.