

Exercise 1 – Stretches your hips, quads and lower back

Start lying on your back with your knees bent and feet wider apart than your hips. Arms reach out to the sides in a T shape. Sway both knees to the right. Let your right (bottom) leg relax. Reach your top, or left knee away from you. Switch sides (not shown)



Exercise 2 – Stretches your chest, strengthens your upper/lower back

Lie on your tummy with your forehead resting on your towel, arms by your sides. Roll both shoulders away from the mat (2a). Roll both shoulders away from the mat and float your forehead (2b). Float both arms over the mat as well (2c).



2a – shoulders roll back



2b – shoulders roll back, forehead floats



2c – shoulders roll back, forehead floats, arms float 1 mm

Exercise 3 – Child's pose to stretch the back

Rest your hips on your heels. Arms reach forward.



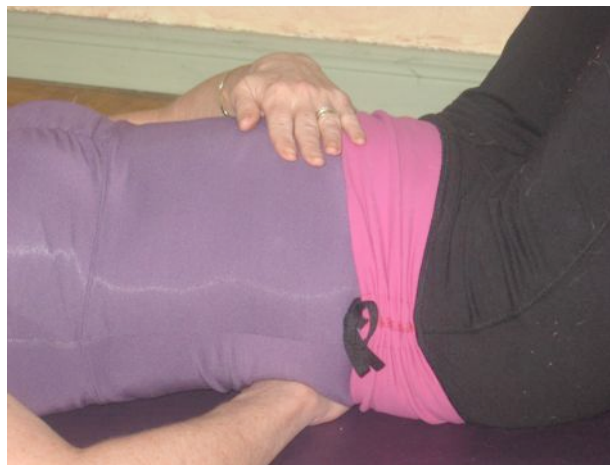
Exercise 4 – Strengthens your deep, supportive abs and back muscles

Lie on your back with your knees bent and your feet flat. Place one hand underneath your lower back and the other hand on top of your navel (4a).

Take a deep breath in and let your belly expand with air (4b). When you exhale, imagine turning the magnet ON and drawing your navel closer to your spine without flattening your back onto your bottom hand (4c).



4a – pelvis in neutral starting position



4b – belly expands with air



4c – magnet pulls navel to spine when exhaling

Exercise 5 – Stretches your shoulders, chest and biceps

Lie on your back, knees bent and feet flat. Your arms reach to the sky. Interlace your fingers and turn them so that your palms face the sky (5a). Float your arms back (5b).



5a



5b

Exercise 6 – Stretches shoulders and back muscles

Lying on your back, knees bent and feet flat. Arms reach to the sky with palms turned in (6a). One arm travels back while the other travels to the side of your hip (6b). Arms return to the sky (6a). Switch (6c). Arms return to the sky (6a). Switch (6c)



6a



6b



6c

Exercise 7 – Stretches your chest and strengthens upper back

Stand with your feet under your hips. Arms by your sides with your palms turned forward. Eyes are on your horizon as you lift your heart up just a little bit (7a). Press your arms back just 3 or 4 inches (7b)



7a

7b

Exercise 8 – Strengthens your lower back and stretches hip flexors

Stand with your feet wider than your hips. Place your hands behind you in the small of your back, fingertips pointing inward (8a). Lift your heart and imagine doing a back dive over your hands. (8b)



8a

8b