



## ALTERNATING SIDE LUNGES:

SLOWLY ALTERNATE LEGS. THE LOWER YOU GO, THE DEEPER THE STRETCH.



## PIGEON STRETCH:

ENSURE YOUR BACK HEEL IS FACING THE CEILING. HIPS FACING FORWARD. FOR A MORE CHALLENGING STRETCH, PICK UP YOUR BACK LEG.



## LOW LUNGE:

PUSH HIPS INTO THE GROUND, BACK HEEL FACING THE CEILING. FOR A MORE CHALLENGING STRETCH, PICK UP YOUR BACK LEG.



## HALF SPLIT:

POINT YOUR TOES. TO INCREASE THE STRETCH PLACE YOUR NOSE ON YOUR KNEES.



## SITTING HAMSTRING STRETCH:

ENSURE YOUR TOE IS FLEXED, BACK STRAIGHT. TO INCREASE THE STRETCH, LEAN FORWARD.



## LYING SPLIT STRETCH:

LEGS MUST REMAIN STRAIGHT THROUGHOUT. FOR A MORE CHALLENGING STRETCH, PULL LEG TOWARDS YOU.



## SITTING PIKE STRETCH:

BOTH LEGS STRAIGHT, LEAN FORWARD.



## STRADDLE STRETCH:

LEGS STRAIGHT, BACK STRAIGHT. KNEES FACING CEILING. LEAN FORWARD



## SEAL STRETCH:

ARCH BACK, ARMS AND LEGS STRAIGHT.

