

Level 1 Stretches



Single Knee to Chest

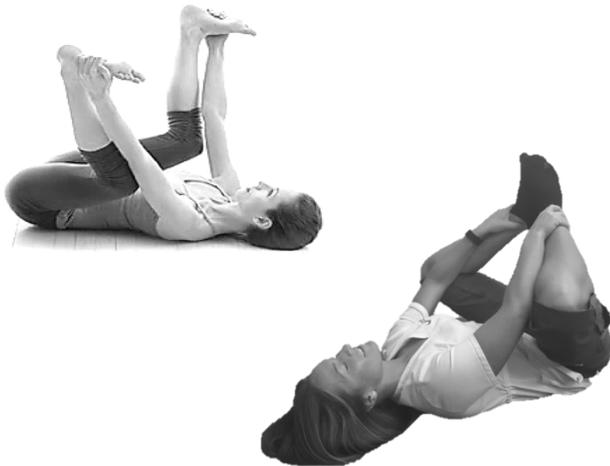
Grab behind knee, pull thigh up to chest to feel a comfortable stretch through hip and pelvis.

Perform _____ repetitions and hold each stretch for _____ seconds. Alternate legs. Do this exercise _____ times a day.

Double Knee to Chest

Hold each leg behind knee and pull towards chest to feel a comfortable stretch through hips and pelvis.

Perform _____ repetitions and hold each stretch for _____ seconds. Do this exercise _____ times a day.



Happy Baby Yoga Pose

Grab inside or outside of ankles and pull upwards to stretch through groin until a comfortable stretch is felt. You may choose to pull feet together, but keep knees stretched out.

Perform _____ repetitions and hold each stretch for _____ seconds. Do this exercise _____ times a day.

Butterfly Stretch

Gently push down on thighs to stretch inner thighs and groin. Keep back straight and bend forward from hips.

Perform _____ repetitions and hold each stretch for _____ seconds. Do this exercise _____ times a day.

