



### 1: Double Knee To Chest

- Lie on back
- Place hands behind knees
- Slowly pull both knees up toward your chest until stretch is felt

**Sets: 1 Reps: 3 Sessions: 1 Hold Time: 30s**



### 2: Lower Trunk Rotation in Hooklying

- Lie on back with knees bent
- Tighten stomach and keep middle of back and shoulders flat against surface
- Slowly lower legs down toward surface, keeping both knees together
- Return to starting position

**Sets: 1 Reps: 3 Sessions: 1 Hold Time: 30s**



### 3: Extension - Prone Press Up

- Lie on stomach
- Place both hands flat on surface a little wider than your shoulders
- Press up lifting upper body only off surface
- Return to starting position

**Sets: 1 Reps: 5 Sessions: 1 Hold Time: 5s**