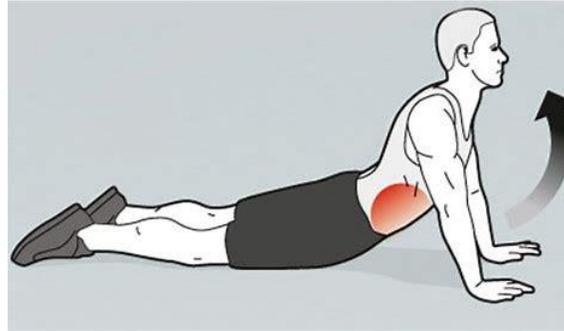


### Prone Birddog



Start the bird dog by going down on all fours, knees positioned under hips and palms resting on the ground just beneath the shoulders. Your shoulders, back, and butt should remain flat through the exercise. Keeping your glutes squeezed, in a single, smoothly controlled movement lift and extend your left leg and right arm up to a point where they are in line with your back.

### Cobra Push Up



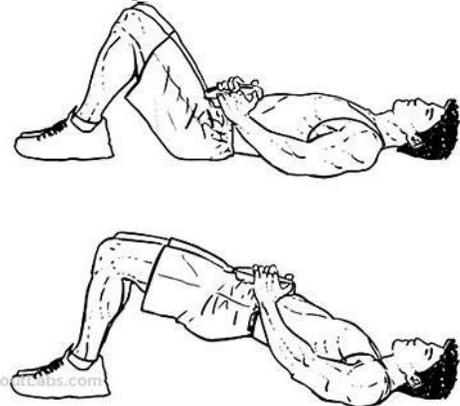
Raise your head and shoulders upward as far as you can go, looking like a cobra ready to strike. Inhale as you raise your body upward. Focus on using your back muscles to lift your torso off the floor and just use your arms for support. Position the rest of your body properly.

### Low Back Rotation Stretch



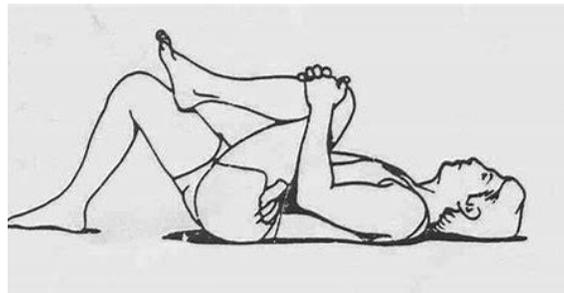
Begin lying on your back with your legs straight and arms to your sides. Bring one knee toward your chest, then lower it to the ground on one side of your body and hold. You should feel a stretch in your lower back and hip. Make sure to keep your upper body on the floor.

### Glute Bridges



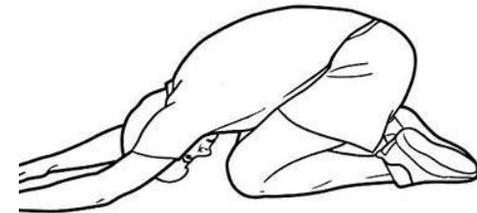
Lie on your back with your knees bent and your feet flat on the floor. Tighten your glutes and lift your hips off the floor. At the highest position, there should be a straight line from your knees all the way to your shoulders.

### Back Knee to Chest



Begin lying on your back with your legs straight. Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back. Make sure to keep your back relaxed and flat on the ground during the stretch.

### Childs Pose



Begin on all fours. Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position. Tip Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

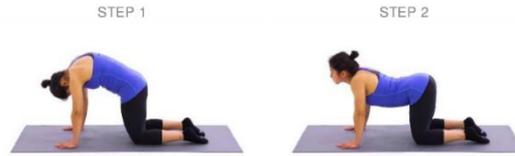


1. Lie down flat on your back and contract the abs, pulling the belly button towards the floor. The arms and legs should be held straight out from the body with hands and toes pointed.
2. Slowly raise shoulders and legs from the ground. The arms and head should be raised along with the shoulders. The lower back must remain in contact with the floor.
3. The goal is to find the lowest position that you can hold the arms and legs, without them touching the floor and without breaking lower back contact (the point at which the lower back begins to arch from the ground).

*Notes:*

- Keep the abs and butt tight at all times.
- Position: Back is rounded, pelvis tucked under. The arms are extended next to the ears and the toes pointed slightly in front of the body. The lower back should be against the floor at all times.

## Cat-Cow



Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees. Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat. Make sure to use your entire back for the motion and keep your movements slow and controlled.