



## Single Leg Stretch

- Starting on your back, bring your knees and hips to a 90-90 position.
- Maintain your core by bringing your belly button to your spine.
- Alternate bringing each knee to your chest, extending the opposite leg to the wall.



## Toe Taps

- Return to a 90-degree position.
- Gently tap each toe to the floor, and bring the hip back to the starting position.
- Be sure to keep your core stable by bringing your belly button to your spine.



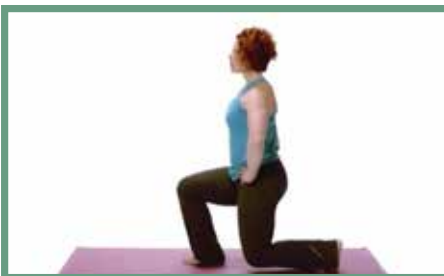
## Swimmer

- Roll to your stomach.
- Bring your arms up overhead.
- Gently alternate each arm and leg into a swimming position.



## Superman

- Be sure to keep your head and neck in proper position to avoid neck injury.
- Lift arms and legs simultaneously.



## Forward Lunges

- Gently roll to a standing position.
- Start with your feet hip width apart and your hands on your hips.
- Take a step forward, bending your knee slightly to the floor and trying to not go past your toes.



## Squats

- With your hands placed on your hips and your feet a hip width apart, sit back as if you are sitting in a chair.
- Be sure that your knees do not touch together or go over your feet.