

PLANK - TENT

Do 10 movements



Get into plank position with your arms straight, then move into a "tent" position by stretching your back and legs. You'll feel how your hamstrings stretch, and even your calves and ankles. Return slowly to plank position and repeat.

PLANK - TENT ONE LEG

Do 7 movements per leg



Like you did before, start in plank position...but this time, you'll elevate one leg at a time. This will allow you to do a deeper stretch. Try to keep continuous movement and don't force more than what feels comfortable.

HIP OPENING

Do 7 movements per side



Start in a plank position, and then slowly bring one leg all the way up to where your hands are. Position your foot on the outside of your hand and then proceed to lift one arm, opening your hips and stretching your back. Do this movement slowly and try to maintain control.

HAMSTRINGS AND PSOAS

Do 10 movements per leg



Start with one knee on the ground and your other leg at a 90 degree angle. Try to touch the tip of your foot with the opposite hand, stretching your leg. You'll feel how your hamstring and back stretch. Make sure to start slow, and try to touch wherever you can. If you can't reach your toes, that's ok! Just go until you feel comfortable.
