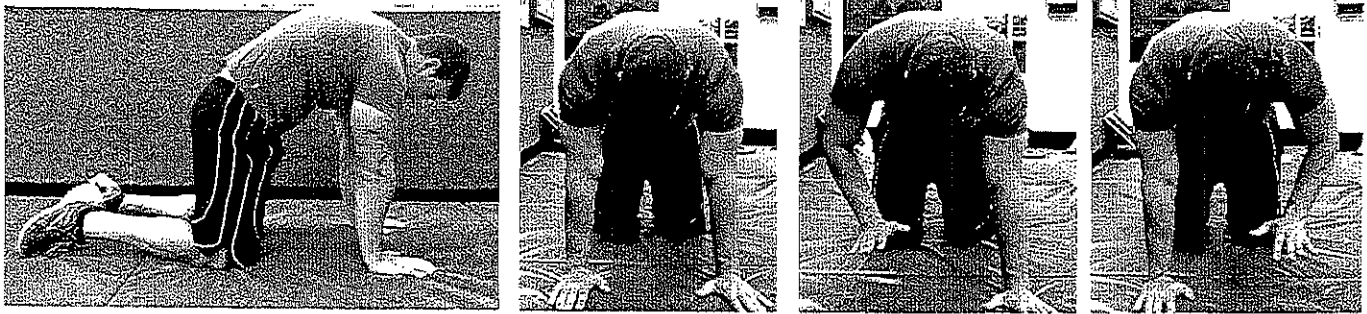




## ONE ARM ALTERNATING BELLY LIFT MODIFIED ALL FOUR BELLY LIFT



### Set Up

Position yourself on your hands and knees with your back rounded. Fully exhale as you push down into the floor and retract your rib cage back. Roll your pelvis so that your bottom tucks under you. Shift your body weight forward so your nose is over your fingertips.

### Check

Feel your outer abdominal muscles on both sides.  
Keep your rib cage retracted back.

### Move

1. Raise your left hand off the floor as you maintain a rounded and level trunk position.
2. You should feel your right abdominal wall engage when you pick your left hand up.
3. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
4. Lower your left hand to the floor and take your right hand off the floor. You should feel your left abdominal wall engage when you pick your right hand up.
5. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
6. Relax and repeat both sequences 4 more times.

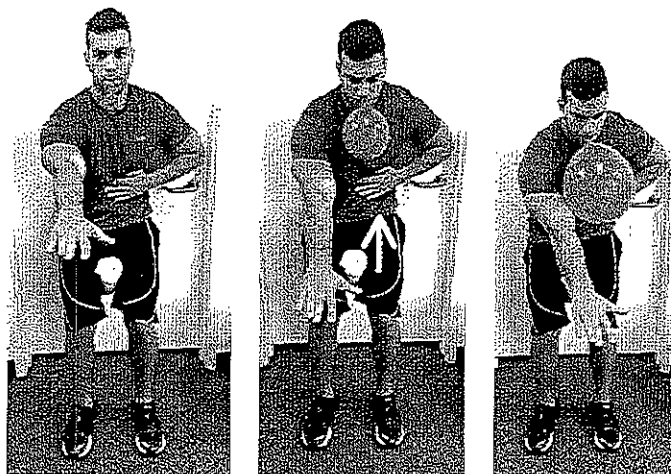
### Control

Do not let your trunk turn or twist when you lift up your hand.  
Do not let one hip hike up higher than the other or let your thorax move over to one side.  
Do not hold your breath.  
Keep your body weight shifted forward so your nose is over your fingertips.



## PRI WALL SQUAT

### PRI WALL SUPPORTED SQUAT WITH BALLOON



#### Set Up

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Stand with your heels 7-10 inches away from the wall. Place a 4-6 inch ball between your knees or towel roll between your thighs. Place your lower back on the wall and slide down by slightly bending your knees.

#### Check

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Keep your neck and shoulders relaxed.  
Feel your left lower back against the wall and your left thorax lined up over your left hip.

#### Move

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1. Shift your left hip back. Your left knee will be slightly behind your right and your left buttocks and lower back will be against the wall. Squeeze inward gently with your left knee and inhale through your nose.
2. As you exhale into the balloon, reach forward with your right hand.
3. Maintaining the above position, inhale again through your nose, then slowly exhale into the balloon again, reaching forward and across the midline of your body with your right arm. Pause 3 seconds
4. Inhale again and reach further across the midline of your body with your right arm as you exhale. Pause for 3 seconds
5. Repeat 2 more breaths. After your fourth inhalation, pinch the balloon neck, remove it from your mouth and let the air out as you slowly stand up.
6. Relax and repeat 4 more times.

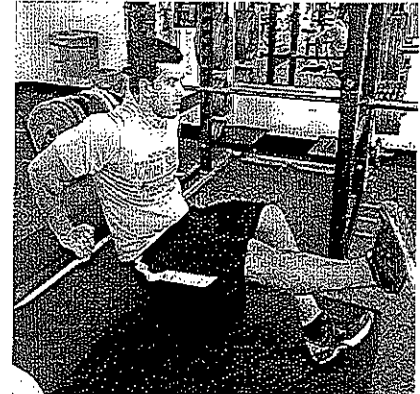
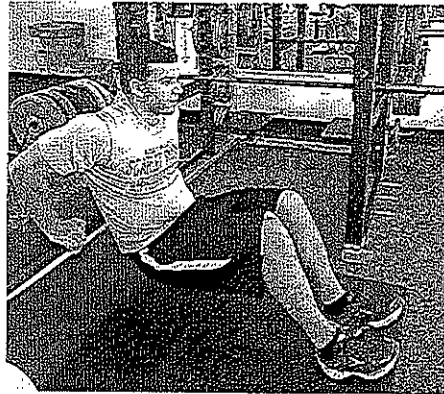
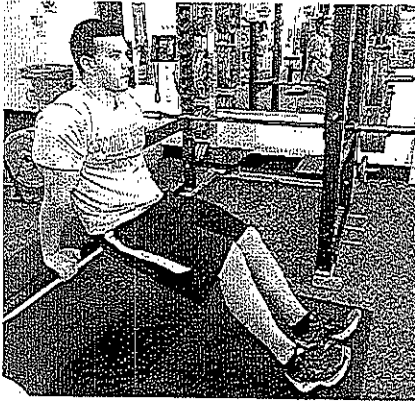
#### Control

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Do not strain your neck or cheeks as you blow into the balloon. Pause between breaths with your tongue on the roof of your mouth to prevent airflow out of the balloon. As you inhale do not pinch the neck of the balloon and keep your tongue on the roof of your mouth.



## TABLETOP ALTERNATING HEEL DIGS WITH RIBS DOWN PARASPINAL RELEASE WITH HAMSTRINGS



### Set Up

Place both of your palms on a bench or step and place your feet directly out in front of you (you may use a ball between your knees). Pull your shoulder blades down and together. Dig both of your heels into the floor and push down with your arms, scoop your hips up to round your lower back.

### Check

Fully exhale so you feel your ribs come down and your abdominals engage.  
You should also feel the muscles on the back of your thighs and the back of your shoulder blades engage.

### Move

1. Dig your left heel down into the floor as you push your right palm into the bench to shift your thorax to the left.
2. After getting over to the left side, lift your right hip and foot off the floor and breathe 2-3 slow breaths.
3. Repeat on the other side, dig your right heel down into the floor as you push your left palm into the bench to shift your thorax to the right. After getting over to the right side, lift your left hip off the floor and breathe 2-3 slow breaths.
4. Complete 4 reps on each side, end with a set over your left side.

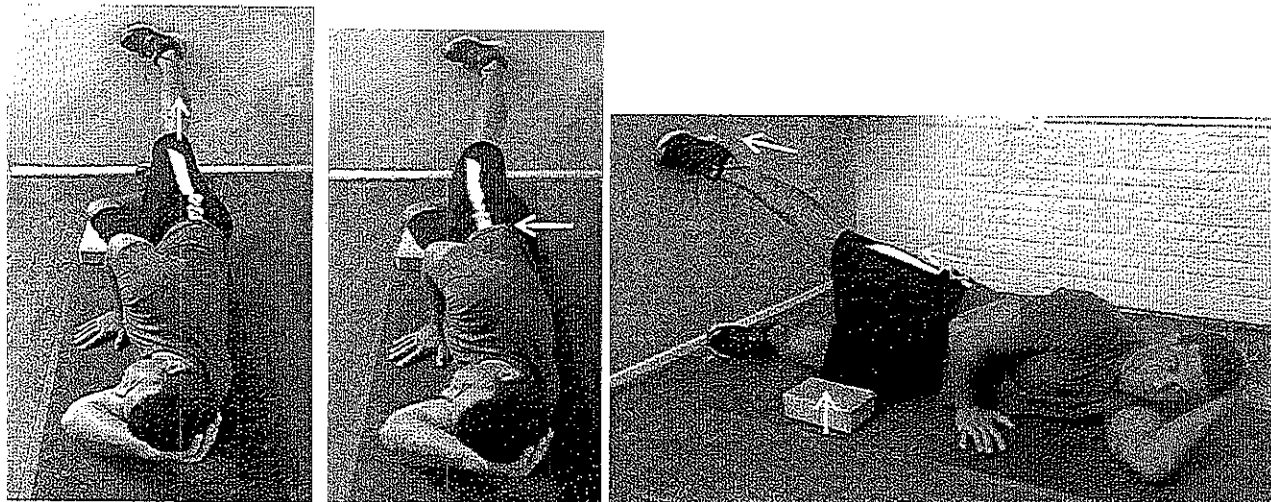
### Control

Don't hold your breath.  
Make sure your thorax stays lined up laterally over your pelvis on each respective side.  
Make sure the pelvis and/or rib cage do not rotate out of position in either direction.



## SIDELYING HIP STRETCH LEFT STANCE

LEFT SIDELYING LEFT ISCHIAL FEMORAL LIGAMENTOUS STRETCH  
WITH LEFT FA ADDUCTION



### Set Up

Lie on your left side with your right leg straight and your left leg bent at a 60-degree angle. Place a small bolster underneath your left knee. Place your left foot flat on the wall and your right foot on the wall. Turn your right foot/ankle out so that your right arch is resting on the wall. Keep right ankle, hip, and shoulder lined up.

### Check

Make sure your pelvis is stacked with the top hip held forward. Also make sure your top shoulder is held back so the body stays in line.

### Move

1. Rotate your right hip forward until you feel a stretch in your left outer hip. Your pant zipper will be toward your left leg.
2. Keeping your right hip forward, lift your left knee off the bolster. You should feel your left inner thigh engage.
3. Hold this position for 4 to 5 breaths, in through your nose and out through your mouth.
4. Relax and repeat 4 more times.

### Control

Make sure the top hip does not roll back or hike up toward your right shoulder. Also be sure not to extend and use the lower back. If you can control and maintain the stacked hips you can have a partner roll your top hip forward to increase the stretch.