

## Hip and Lower Back Stretches



### Frog

Begin on all fours. While keeping your elbows aligned with your shoulders, place your forearms on the ground. Slide your knees wider than your hips creating a “V” shape with your thighs. Rotate your feet so the inner edge of your foot is on the ground and your toes are pointed outward. Slowly shift your weight behind you bringing your hips towards your feet. Hold position. Then shift your weight forward bringing your chest to your forearms. Repeat motion.

**Keep your back straight throughout movement**



### Pigeon

Begin lying face down with your hands adjacent to your shoulders. Press upward onto the palms of your hands and raise your right knee to your chest. Then lower your body weight onto your bent leg. Adjust the angle of your right leg by bringing your ankle towards your lower ribcage for a deeper stretch. Hold position and repeat on opposite side.

**Imagine you are bringing your belly button to your spine to engage your core**



### Lizard- Lower Lunge

Begin this stretch by lying face down. Lift yourself onto your forearms while keeping your elbows aligned with your shoulders. Keeping your left leg extended, step your right leg outside of your right arm. Slowly lower your hips to deepen the stretch. Hold position and alternate sides.

**Slightly lift your chin during the stretch to keep your head aligned with your spine**



### Cat and Cow

Begin on all fours. Your knees should be directly beneath your hips and your wrists beneath your shoulders. Your back should be flat. Take a deep breath and round your back on the exhale. Tuck your chin towards your chest and let your neck release. On your inhale, arch your back, relax your belly and lift your head and tailbone towards the sky. Continue flowing back and forth.

**Take your time alternating between inhaling and exhaling**



### Extended Puppy Pose

Begin on all fours with the tops of your feet flat against the floor. Your knees should be directly beneath your hips and your wrists beneath your shoulders. Keeping your hips over your knees, slowly begin to walk your hands out in front of you, lowering your chest towards the ground. Gently release your forehead to the ground and press your palms into the floor. Hold position.

**Keep your arms fully extended and chest width apart throughout entire motion**



### Knee to Chest

Start by lying flat on your back with your legs fully extended. Keeping your right leg straight, bend and lift your left leg toward your chest. Use your arms to wrap around your knee and pull your leg closer to your chest. If you cannot keep your right leg straight, bring it up to a bent position keeping your foot planted on the ground.

**Keep your neck and back on the floor through the entire stretch**