Warm-Up Exercises

Neutral Standing Posture (side-to-side stance)
- Feet hip-width apart, kneels slightly bent, shoulders back, chest up, back neutral.
- Stand the left foot in front of the other, kicking out to the side and cupping each knee, a foot on each paw the other foot, like the motion of a pant leg.

Neutral Standing Posture (front-to-back stance)
- Feet hip-width apart, one foot in front and second back.
- Head in neutral position (head up, place index fingers on chin and gently pull back, chin up, back neutral).
- Move hips forward, tightening buttocks and abdomen (back should be flat, no arcing).

Pelvic Tilt
Neutral Standing Posture (side-to-side stance)
- Feet hip-width apart, kneels slightly bent, shoulders back, chest up, back neutral.
- Hold this position for 10 seconds, repeat.

Neutral Standing Posture (front-to-back stance)
- Feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.
- Rest a moment.

Tips:
- Keep head up and face in a front.
- Do not hold your breath. You should feel good, not feel like you’re breathing into a straw.

Cat Stretch (back to lower)
Neutral Standing Posture (side-to-side stance)
- Feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.
- Stand forward,优质的cob, and place the other leg slightly bent.
- Hold for 10 seconds.

Gently bend forward, keeping back flat on the floor. Your shoulders should be pointing towards the floor.

Tips:
- Keep your feet flat.
- Hold for 5 seconds.

Back & Lower Body Stretches
Cat Stretch (back to lower)
Neutral Standing Posture (front-to-back stance):
- One foot in front and second back.
- Rest a moment.

Tips:
- Keep back neutral to stretching.
- Hold for 10 seconds.

Butt Kicks
Neutral Standing Posture (side-to-side stance)
- Feet hip-width apart, kneels slightly bent, shoulders back, chest up, back neutral.
- Bend the left knees and kick back through the hips.

Alternate legs, like you are doing an exaggerated version of jogging in place.

Calf Stretch (calf)
Neutral Standing Posture (side-to-side stance)
- Feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.
- Stand slightly away from a solid support and lean on it with both outstretched hands.

Bend the forward leg and place the other leg straight behind you.

Tips:
- You should feel tension, not pain, in your calf.
- Hold for 10 seconds.

Hanging Stretch (side to side)
Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.
- Stand slightly away from a solid support and lean on it with both outstretched hands.

Bend the forward leg and place the other leg straight behind you.

Tips:
- You should feel tension, not pain, in your calf.
- Hold for 10 seconds.

Back & Lower Body Stretches
Cat Stretch (back to lower)
Neutral Standing Posture (side-to-side stance)
- Feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.
- Stand slightly away from a solid support and lean on it with both outstretched hands.

Bend the forward leg and place the other leg straight behind you.

Tips:
- You should feel tension, not pain, in your calf.
- Hold for 10 seconds.

Hanging Stretch (side to side)
Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.
- Stand slightly away from a solid support and lean on it with both outstretched hands.

Bend the forward leg and place the other leg straight behind you.

Tips:
- You should feel tension, not pain, in your calf.
- Hold for 10 seconds.