

NOTE: Use QR codes for video demonstration with advanced cueing and greater detailed instruction.

MOBILITY 101

Banana Stretch // Back

- Using a pole or doorway, place left leg behind right leg, then reach left arm overhead to grab pole/doorway.
- Press left hip away from pole and breathe into back and shoulder for five to ten breaths.

Repeat on other side



90-90 Stretch // Hips

- **90/90 Stretch:** Place both legs at 90 degree angles from the knee.
- Rotate torso towards the back leg until you feel a deep hip stretch.
- Hold stretch for 60 seconds.

Repeat on other side



Pigeon Stretch // Hips

- **Pigeon Stretch:** Maintain the 90/90 leg position OR stretch the back leg out behind you, hinge torso from hip forward over the front leg.
- Hold Stretch for 60 seconds.

Repeat on other side



Chest Opener // Chest

- Lie belly down on the ground, with left arm out at shoulder height.
- Pull right leg over left leg, while bringing right arm off the ground towards the left arm.
- You should feel a big stretch across your left chest and shoulder.
- Hold for five breaths, then switch sides.

Repeat on other side



Sleeper Stretch // Shoulders

- Lie on your side with your elbow at 90 degrees, apply pressure at your wrist with your other hand towards the ground.
- Make sure to stay on top of your shoulder and keep 90 degree angle with elbow.
- Hold stretch for 60 seconds.

Repeat on other side

