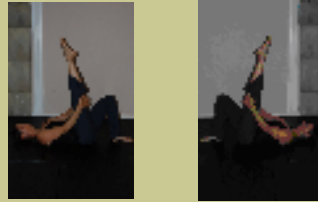


# Cool Down and Rebalancing Stretches

## STRETCH 1

### Hamstring Stretch:

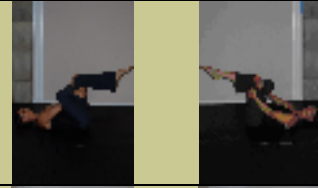
Ideally this is done lying down. If lying down is not practical, refer to Warm Up Exercise No. 13. Bring one leg up and support it with your hands. You should feel a stretch behind your upper thigh. Keep hips down the whole time. Hold 60 seconds. Repeat on the other side.



## STRETCH 2

### Piriformis Stretch:

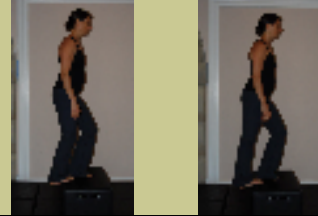
Cross one leg over the opposite knee. Gently pull the knee toward chest until stretch is felt in buttock/hip of top leg. Repeat on the other side. Hold 30-60 seconds.



## STRETCH 3

### Calf Stretch:

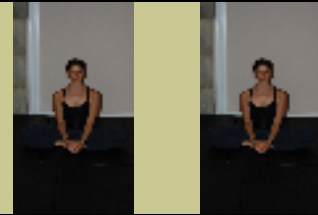
Stand on a rock or stool or step off the edge. Bend back knee and drop heel off the back of the edge. Hold for at least 30 seconds. Repeat on the other leg. Repeat the exercise again but this time with the back knee straight.



## STRETCH 4

### Inner Thigh / Groin

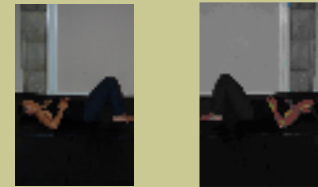
Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 30-60 seconds.



## RE-BALANCE 1

### Coccyx Curl:

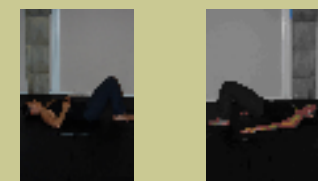
Lie on back, legs bent. Exhale, pull stomach in, tighten abs, then squeeze bottom and roll your spine until it is flat on the ground. Inhale, rolling back down through the spine. Allow your head to gently nod while doing this exercise. Repeat 6 times.



## RE-BALANCE 2

### Bridge:

Start as in coccyx curl above. Exhale, pull low belly in and roll up through spine, squeezing the buttocks and lifting one vertebrae at a time. Keep ribs in and weight over feet (not neck!). Inhale, to roll back down the spine. Repeat 8 times.

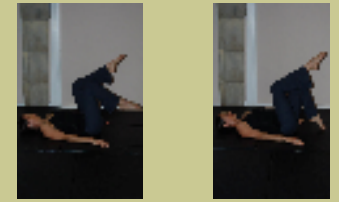


## RE-BALANCE 3

### Tiny Steps:

Lie on back, legs in table top position, arms by sides. Exhale, lowering leg to just touch toes to mat. Inhale, returning knee to table top position. Keep abdominals tight by pulling low belly towards spine.

Repeat 8 times, alternating legs.



## RE-BALANCE 4

### Upper Abs Curl:

Clasp hands behind your neck for support. Exhale and roll up to the upper abs position, inhale and roll back down. Keep lower abdominals relaxed and pelvis neutral.

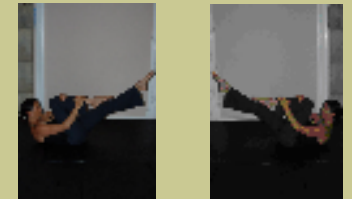
Repeat 8 times.



## RE-BALANCE 5

### Single Leg Stretch:

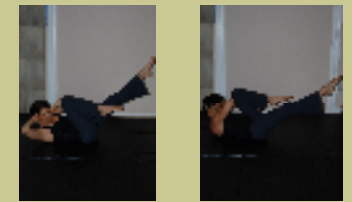
Lie on back, holding one knee to chest, and the other leg out at a 45° angle. Exhale, curling up head and upper torso. Change leg and hand positions 8 times breathing continuously throughout. NOTE: Pull stomach in, and keep back gently pressed into the floor.



## RE-BALANCE 6

### Crisscross:

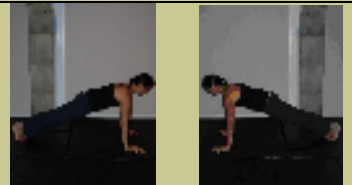
Lie on back, legs bent to chest, hands behind head. Exhale, lifting head and upper torso. Twist torso- arm pit to opposite knee, extending the other leg to 45°. Inhale, twisting to other side, changing legs. Repeat 6 times per leg.



## RE-BALANCE 7

### Plank:

On hands and knees, extend right then left leg to push-up position. Keep body in straight line. Hold 60 seconds. Keep belly lifting the whole time.



## RE-BALANCE 8

### Child's Pose Stretch:

Slowly move trunk and hips back, bending at knees, until a gentle stretch is felt. Hold 60 seconds. Relax.

