

Core Stability Stretching Routine



Forward Fold



Mountain Pose



Forward Fold



Crescent Lunge



Crescent Lunge

Sun Salutation Series

GetHealthyU.com



Down Dog



Plank

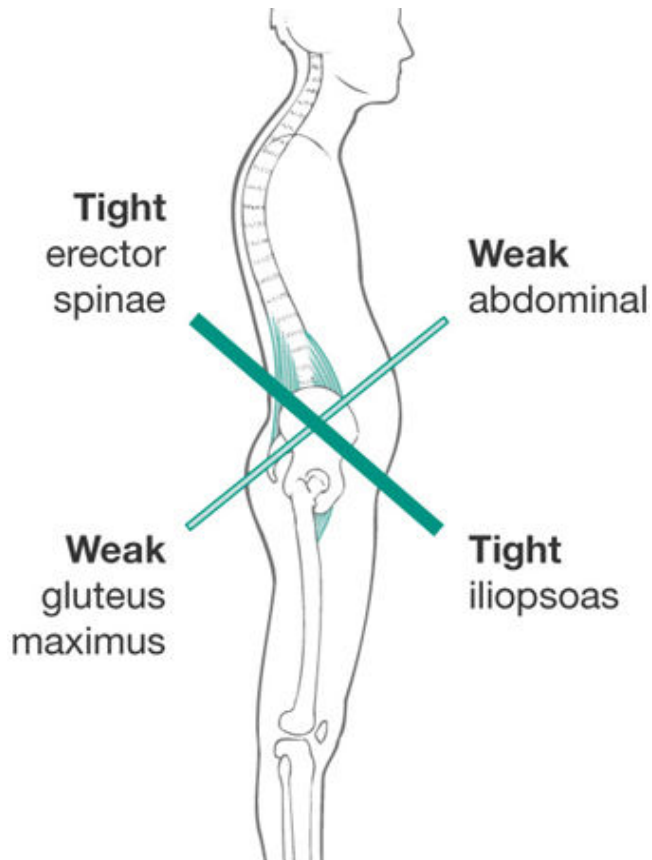


Up Dog

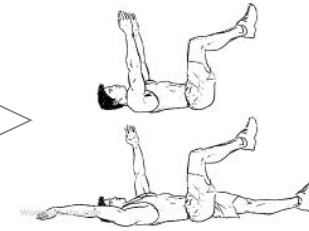
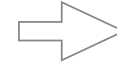


Chaturanga

Lower Crossed Syndrome



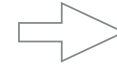
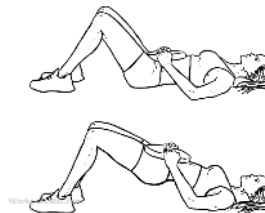
STEP 1 : LOW LUNGE
PSOAS STRETCH



STEP 2 : DEAD BUG
STRENGTHEN ABDOMEN
AND CROSS EXTENSOR
REFLEX
* TIPS: keep your back flat
and your tummy tucked!

30 seconds of each activity
3 sets of steps 1-4
1 minute rest between sets

STEP 3 : GLUTE BRIDGE
STRENGTHEN GLUTES
* TIPS: with or without
weight!



STEP 4 : CLASSIC PLANK
STRENGTHEN ABDOMEN
* TIPS: slightly tuck in your
tummy to distribute
strength to your whole
abdomen.