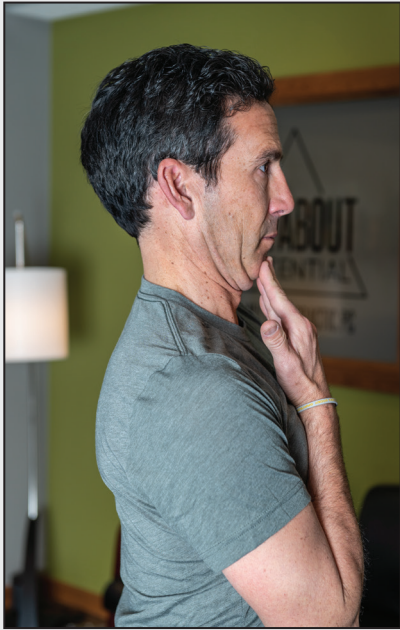


## CHIN RETRACTION

Neck Stretch



## UPPER THORATIC STRETCH

Back/Neck Stretch



## BIRD DOG

Core, Back, Glutes Strengthening



## FLOOR ANGELS WITH EGYPTIAN

Pec, Back, Neck, Shoulder Stretch/Mobility



## CAT/COW

Back Mobility



# I, Y, T, Ws

## Back Strengthening





## PLANK/SIDE PLANK

Core, Glutes, Back Strengthening



## DEAD BUG

Core Strengthening



## GLUTE BRIDGE/GLUTE BRIDGE LEG RAISE

Glutes, Core Strengthening



## DEEP SQUAT

Glutes, Hips, Low Back Stretch/Mobility



## HIP FLEXOR STRETCH



## FROG POSE

Low Back, Abductors/Inner Leg, Glutes Stretch



## GLUTE STRETCH VARIATIONS

Glutes, Piriformis

