

## Spine Twist

**Targets:** oblique abdominals and posterior shoulders

**Starting Position:** seated on heels, spine upright and neutral, arms reaching forward holding near ends of Conditioning Towel

INHALE to prepare

EXHALE pull one elbow back and rotate torso to that side, reaching other arm forward

INHALE to stay

EXHALE to return to the front and reach arms forward

*Complete 5-8 repetitions on each side, alternating*



## Side Stretch



**Targets:** oblique abdominals and posterior shoulders

**Starting Position:** seated on heels, spine upright and neutral, arms reaching overhead holding near ends of Conditioning Towel

INHALE to prepare

EXHALE reach one arm up to ceiling and the other arm down by the side, slightly side-bending torso

INHALE to stay

EXHALE to return to starting position

*Complete 5-8 repetitions on each side, alternating*

## Breast Stroke



**Targets:** upper back and posterior shoulders

**Starting Position:** kneeling (or standing) on Mat, knees hip-distance apart, spine upright and neutral, arms reaching forward, holding near ends of Conditioning towel

INHALE flex elbows and pull towel toward shoulders, opening chest toward ceiling

EXHALE return to upright position

*Complete 8-10 repetitions*

## Hamstring Stretch



**Targets:** back of thigh

**Starting Position:** Seated on Mat, torso upright and neutral, one leg long, ankle flexed, other knee bent with foot against inside of opposite leg, holding ends of Conditioning Towel, wrapped around sole of foot

INHALE start to lean torso forward over long leg

EXHALE flex elbows and lean torso further over leg, lengthening the back of the thigh

INHALE to stay

EXHALE pull elbows further toward shoulders and reach head toward knee

INHALE return to upright position

*Complete 3-5 repetitions on each side*

**Modification:** hold position for several breaths before returning to vertical

## Side Bend



**Targets:** oblique abdominals and shoulders

**Starting position:** kneeling on Mat, knees hip-distance apart, spine upright and neutral, arms long, reaching overhead, holding ends of towel

INHALE to prepare

EXHALE keep arms in the same relationship to head and side bend torso

INHALE to stay

EXHALE return to upright position

*Complete 5-8 repetitions on each side*