

Episode 05

PIGEON STRETCH

- Sit with your knees bent, feet flat on the floor, arms behind you for support.
- Bring your right ankle over your left knee, keeping the foot flex.
- Walk your left foot closer to your hip to increase the stretch.

TIME: 120 SECONDS x2

05



Episode 06

THORACIC ROTATIONS

- Begin on all fours and place one hand on the back of your head.
- Keeping your core braced and with minimal movement in the lower back, rotate your upper back downwards and bring the elbow of your elevated arm down towards the elbow of your bracing arm.
- Slowly reverse the movement and rotate your upper back and arm upwards so that your elbow now points towards the ceiling (or as far as you can comfortably get without rounding or hyper-extending the lower back).

TIME: 90 SECONDS S/E x2

06

