

Breathe out slowly and gently round your back up toward the ceiling.
Tuck your chin toward your chest and let your head drop.
Pull your belly button in toward your spine.



Breathe in and slowly let your stomach drop down toward the floor.
Curve your lower back and lift your chest and tailbone toward the ceiling.
Raise your head gently to look forward or up, only if it feels comfortable for your neck



Lie on your back on a firm mat with your knees bent and your feet flat on the floor, hip-width apart.
Keep your arms relaxed at your sides with your palms facing down.
Maintain a natural curve in your lower back, leaving a small space between your lower spine and the floor.



Inhale deeply, then exhale and tighten your stomach muscles.
Flatten your back against the floor by tilting your pelvis up and pulling your belly button in toward your spine.
Hold the position for 3 to 5 seconds while breathing normally.
Relax and return to the starting position with a natural arch.



Lie on your stomach on a firm surface, like a mat on the floor.
Place your hands flat on the floor directly under your shoulders.
Relax your lower back and your leg/glute muscles completely.



Push your upper body up using your arms, straightening your elbows as much as is comfortable.

Keep your hips and pelvis resting flat on the floor.

Hold the top position for 1 to 2 seconds (or up to 5 seconds if it feels good).

Lower your body back down slowly.



Start on hands and knees on a flat mat or floor, with your wrists under your shoulders and knees under your hips.

Spread your knees wide (about the width of your mat) and bring your big toes together behind you.



Push your hips back toward your heels as you sit back.

Reach your arms forward on the ground in front of you, keeping them straight and active.

Rest your forehead gently on the floor or a small pillow if it does not reach the ground.

Breathe deeply into your lower back and hold the stretch for 30 to 60 seconds.

Place your hands directly under your shoulders and your knees directly under your hips in a tabletop position. Tighten your stomach muscles like you are bracing for a gentle punch to keep your back flat and still.



Slowly reach your right arm straight forward and your left leg straight back at the same time. Keep your hips and shoulders parallel to the floor without twisting or arching your lower back. Hold the position for 6 to 10 seconds, return to the start, and repeat with your left arm and right leg.



Lie on your back on a mat with your knees bent and feet flat on the floor, hip-width apart. Place your heels about 6 to 8 inches away from your glutes. Rest your arms flat by your sides. Engage your core and flatten your lower back slightly so there is no large arch against the floor.



Drive through your heels to lift your hips toward the ceiling until your body forms a straight line from your knees to your shoulders. Squeeze your glutes tightly at the top and hold for 2 to 3 seconds. Avoid lifting too high, which can hyperextend your lower back. Lower your hips slowly back down to the floor with control.



Tighten your abdominal muscles gently, as if you are preparing for someone to poke or lightly punch your stomach.
Do not suck in your stomach; just create a firm, stiff core while continuing to breathe normally.



Lift your head, shoulders, and chest just a tiny amount (about an inch or two) off the floor as a single rigid unit.

Avoid crunching your head forward or bending your neck; keep your chin tucked slightly in a neutral position.

Hold this lifted position for 8 to 10 seconds while maintaining your core brace and steady breathing.

Lower yourself slowly back down to the floor with contro



Lie on your side with your knees bent at a 90-degree angle and stacked on top of each other.

Place your elbow directly under your shoulder, keeping your forearm pointing outward.



Engage your core and press down through your elbow to lift your hips off the floor. Pivot slightly forward at the hips so your body forms a straight line from your knees through your hips and torso.

Hold the position for 10 to 30 seconds while breathing steadily, then lower yourself gently back down.

Repeat on the other side.

