



Can you touch your toes?

When you can't touch your toes, your hamstrings and low back muscles are probably weak. Try these exercises to improve flexibility.

Superman

Lift arms and legs to strengthen back muscles



Round Your Back Stretch

Use a towel to flex feet and round spine forward



Floor Bridge

Lift hips but keep rib cage in neutral then lower



Ball Bridge

Place heels on ball & lift hips, roll ball in/out



Single Leg Floor Bridge

Lift hips but keep rib cage in neutral & raise one leg



Can you raise your arms keeping them straight overhead when you squat?

If you can't squat with your arms extended overhead, you may have tight & weak muscles in your back. Try these simple moves to improve your flexibility.

Overhead Reach

Keep arms straight as you lower them overhead



Upper Back Lift

Hips on ball & lift upper body



Chest Stretch

Open your chest by squeezing shoulder blades together



Belly Ball Bridge

Balance over ball Lift one leg & then one arm



Single Leg Floor Bridge

Lift hips but keep rib cage in neutral & raise one leg



Can you sit with your feet together and knees touch the ground?

Tightness in your hips can prevent you from being balanced through your hips. Try these simple moves to improve your flexibility.

Spine Twist

Cross one leg over the other and twist at the waist



Modified Pigeon

Bring knee forward and press hips towards front



Side Plank Leg Lift

Start with elbow plank and feet stacked then lift leg



Side Body Stretch

In this side stretch work on keeping hips on the floor



Single Leg Hamstring stretch

Keep hips square to front and reach forward

