

Flexible Strength Exercise List

Standing

Arm Crosses 30s
Arm Swings 30s
Leg Swings 30s each
Lateral Leg Swings 30s each

Floor

Yoga Hip Lift 45s each
Frog Stretch with Shoulder Stretch 45s
Crocodile Stretch 45s each
Hip Crossover Stretch 45s each
Fetal Twist 45s each
Core Test (Ab Brace) 45s

Hands and Knees

Cats and Dogs 45s
Swimmer 6x each
Thread the Needle 6x each

On Front

Cobra on Forearms 45s
Bent Knee Hip Extensions 10x each
Cobra on Hands 45s
Sky Diver 8x
Elbow or Hand Plank 1 minutes

Partner Stretches

Hamstring Stretch 45s each
Assisted Hip Lift 45s each
Knees to Chest 45s
Prone Quad Stretch 45s each

Standing

Standing Chair Hip Flexor Stretch 45s each
Overhead Reach Stretch 45s each
Counter Stretch on Chair Back 45s
Sun Salutations 3x
Calf Stretch with Weight 45s each
Partner Chair Chest Stretch 45s
Arm Cross Shoulder Stretch 45s each
Partner Arm Straight Chest Stretch 45s
Chin Tuck Posture 45s