



## Activation

### Open Shutters x 20

Slow and controlled  
Lumbar spine stable  
Full (out and in) scapular movement  
Elbows and forearms touching  
Elbows move up to forehead level



### Fly Shutters x 20

Slow and controlled  
Lumbar spine stable  
Full proper scapular movement  
Fly motion with active hands  
Shoulders stay down



### Thoracic Rotation x10 each

Start on all fours  
Position one hand behind back  
Rotate through upper back  
Look over shoulder  
Return to the start with control



*Start position*



*Rotate upper trunk upward*

### Thoracic Rotation + Reach x10 each

Go onto hands and knees  
Reach across body and behind opposite arm as far as you can  
Allow shoulders to roll  
Reach back and overhead, rolling shoulders the opposite direction



*Go onto hands and knees*



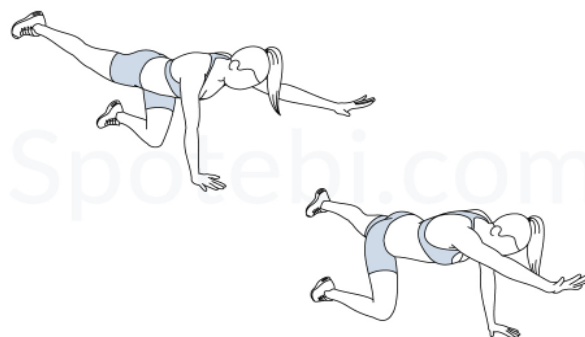
*Reach across body and behind opposite arm as far as you can*



*Now reach back and*

## Birdog x20 (10 each side)

Start on all fours  
Flat back, raise one arm up while  
lifting and extending opposite leg up to  
hip level  
Elbow at head level, forearm reach  
into **catch position**  
Right arm --> left leg  
Left arm --> right leg



## Squat to streamline x10

Feet shoulder width apart  
Toes pointing forward  
Knees bent  
Sink hips to knee level  
chest lean forward  
flat back  
Chin up + Eyes looking forward

Push feet down toward ground  
Engage hip and tuck in under stomach  
Hands extend upward and joint together  
Stacked hands  
Thumb lock hands together  
Elbow squeeze head  
Ears tucked in between elbow (not seen)

Trunk in one straight line

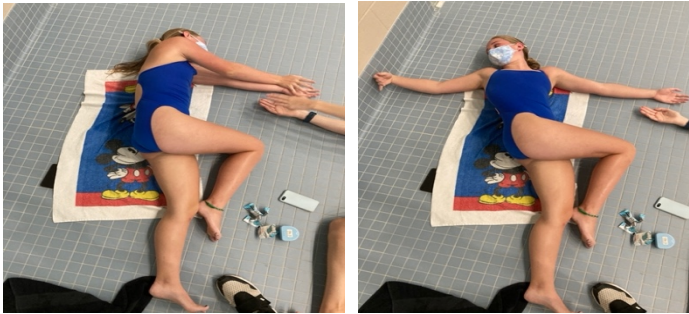


## Stretching

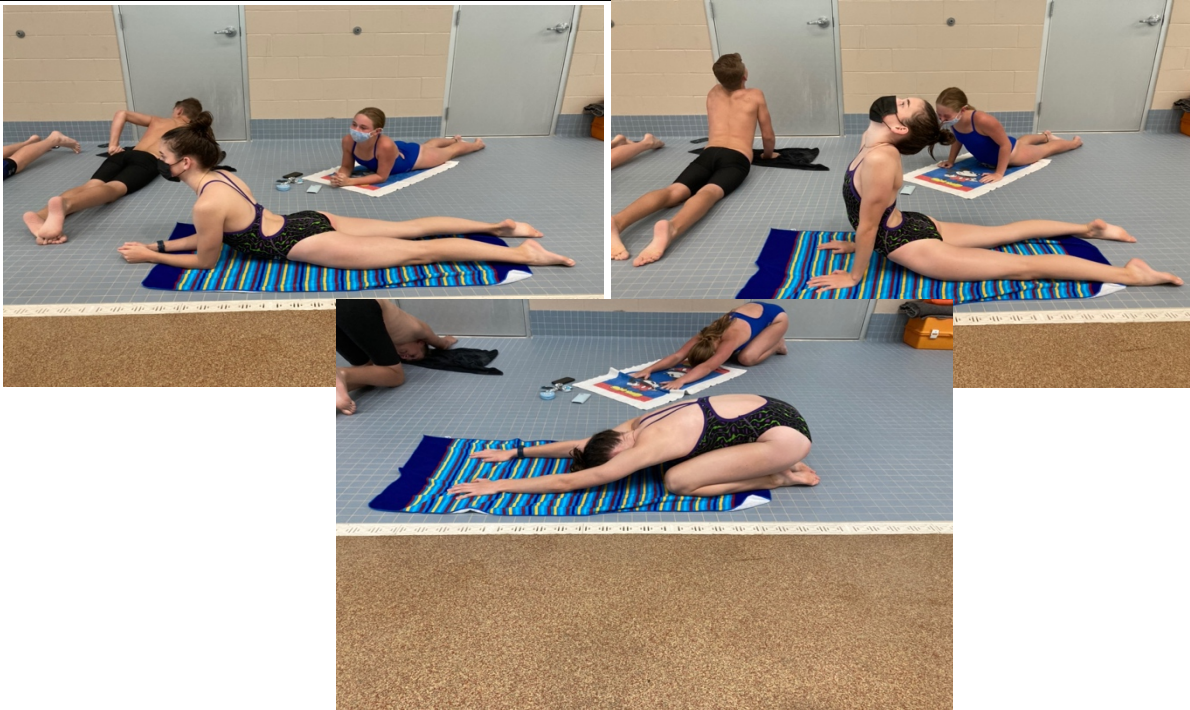
Lying T-pose rotation



Lying T-pose (leg cross)



Sphinx ->Cobra ->Child Pose



**Hip stretch**



**Butterfly**



**Triceps stretch**

