

# STRETCHING

## ABDOMINAL



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



### ABDOMINAL & HIP FLEXORS

Lie on your stomach and place hands down at the sides of your chest. Gently extend your arms to lift your upper body away from the floor while keeping your hips down on the mat as much as possible.



### ABDOMINAL & FULL BODY

While lying down, extend both arms above your head and legs pointing down. Take a deep breath while stretching.



### OBLIQUES

Extend both arms up and slowly lean toward one side until you feel a mild stretch on the side of your abdominal area. Switch sides.

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain



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