

8 EASY STRETCHES FOR HIP AND LOWER BODY MOBILITY



1 CENTERING BREATH

1. Begin with THREE slow, deep breaths.
2. Keep breathing in and breathing out through each stretch.
3. One inhale and one exhale = One cycle of breath



2 DOUBLE KNEE TO CHEST

1. Lie on your back with your knees bent and feet flat on the floor.
2. Gently bring the knees in towards the chest. Place SPIRO around both knees holding onto each end with your hands. (Modification: SPIRO can be placed behind the knees).
3. Gently pull your knees towards your chest, holding SPIRO for slight resistance.
4. Keep your abdomen, back, and hips relaxed and allow SPIRO to assist in the passive stretch of the low back. Concentrate on breathing in and out. Repeat 5-10 cycles of breath.



3 DOUBLE KNEE TO CHEST

1. Lie on your back with your knees bent and feet flat on the floor.
2. Gently bring ONE knee in towards the chest. Place SPIRO around knee, holding onto each end with your hands. (Modification: SPIRO can be placed behind the knee).
3. Gently draw your knee in towards your chest, holding SPIRO for slight resistance. Repeat in the other direction. Keep breathing in and breathing out while moving.
4. Keep the opposite leg that is on the ground firm and active. Repeat 5-10 cycles of breath.
5. While you're pulling, try to relax your legs, pelvis, and low back as much as you can. Concentrate on breathing in and out. Repeat 5-10 times on each hip.



4 HAMSTRING STRETCH

1. Keep one leg on the ground and put the opposite foot into one opening of SPIRO.
2. Slowly straighten the knee until a stretch is felt in the hamstring area (back of thigh); avoid straining.
3. Hold the position for 3 deep cycles of breath and gradually stretch further, if comfortable.
4. Repeat on the other side OR follow up with the INNER THIGH STRETCH (next in series).



5 INNER THIGH STRETCH

1. After the hamstring stretch, move your leg outward holding SPIRO and keep opposite arm on the ground for balance.
2. Concentrate on breathing while relaxing hip, inner thigh, and core. Keep opposite leg firm.
3. Hold position and breathe 5-10 cycles of breath (breathing in/breathing out).
4. Follow up with the OUTER THIGH STRETCH (next in series).



6 OUTER THIGH STRETCH

1. After the INNER THIGH STRETCH, move your leg across your body and keep opposite arm on the ground for balance.
2. Concentrate on breathing while relaxing hip, inner thigh, and core. Keep opposite leg firm.
3. Hold position and breathe 5-10 cycles of breath (breathing in/breathing out).
4. Repeat on the other side.



7 BRIDGE STRETCH

1. Put your feet through SPIRO and lie down on your back with knees bent and feet flat.
2. Lift your buttocks off the ground and step your upper arms towards each other (underneath you).
Optional: Reach breastbone (sternum) towards the wall behind you to increase the stretch.
3. Gently pull SPIRO towards you to gain more opening in the chest. Keep feet firm and thighs parallel to each other.
4. Breathe while the hips are lifted, 5-10 cycles of breath. Repeat if desired.



8 KNEE STIRS

1. Lie massaged underneath you as you stir the knees around 3. Rest briefly then repeat exercise, stirring.
2. Allow SPIRO to guide your knees in a stirring motion. GO SLOW and feel the pelvis being massaged underneath you as you stir the knees. around the "clock".
3. Rest briefly then repeat exercise, stirring knees in the opposite direction (counterclockwise).
4. Breathe 5-10 cycles of breath. Repeat if desired.