

DAY 1	<p><b>Child's Pose</b></p> <p>Begin on your hands and knees, then sit back on your heels, stretching your arms in front of you and keeping your palms on the floor. Keep your head down and your back rounded. Hold for 30-45 seconds.</p> <p><i>*Modification: Sit in a chair and fold body forward, reaching for the floor with head resting between legs</i></p>	<p><b>Quad Stretch</b></p> <p>Stand up straight next to a wall, placing one hand on the wall for balance. Bend the knee farthest from the wall and grab the foot with the same side hand. Pull the foot toward the glutes while keeping pelvis in a neutral position. Hold for 30-45 seconds then switch sides</p>	<p><b>Standing Chest Opener</b></p> <p>Clasp your hands behind your back and straighten your arms. Lift arms slightly, opening the chest and squeezing shoulder blades together. Hold for 30-45 seconds.</p>
DAY 2	<p><b>Standing Forward Fold</b></p> <p>Stand with feet hip-width apart and slowly bend forward at both the waist and hips to reach toward your toes. Hold for 30-45 seconds. Repeat</p>	<p><b>Seated Hamstring Stretch</b></p> <p>Sit on the floor with your legs extended straight out in front of you. Slowly bend forward, reaching towards your toes. Hold for 30-45 seconds</p>	<p><b>Shoulder Roll</b></p> <p>Stand or sit up straight, with your chin slightly tucked. Keep your arms relaxed. All motion will be in your shoulder blades.</p> <p>Roll your shoulders up, then back, then down, and then forward in a smooth, circular motion. Repeat at least 2 to 4 times in each direction.</p>
DAY 3	<p><b>Supine Spinal Twist</b></p> <p>Lie on your back with your knees bent and your feet flat on the floor. Drop both knees to one side of your body, keeping the shoulder on your opposite side, touching the floor. Stay in that position for 30-45 seconds before transitioning to the other side</p>	<p><b>Hip Flexor Stretch</b></p> <p>Kneel on your right knee with left foot in front, forming a 90 degree angle. Gently push hips forward, feeling stretch in front of right hip. Hold for 30-45 seconds then switch sides.</p> <p><i>*Modification: Place one leg on a chair or stair, and squeeze your glutes on the back leg. You can use the railing of the stairs or the armrest of the chair for support.</i></p>	<p><b>Behind the Head Tricep Stretch</b></p> <p>Stand or sit up straight. Extend right arm over your head, bending the elbow, and bring palm as far down the back as you can. Grab right elbow with left hand and gently pull it to the left until you feel a stretch. Hold 30-45 seconds and repeat with the left arm</p>
DAY 4	<p><b>Cat/Cow Stretch</b></p> <p>Begin on your hands and knees with wrists under your shoulders and your knees under your hips. Inhale slowly, and push your belly toward the floor while lifting your head and tailbone up towards the ceiling. Next, exhale and round your spine towards the ceiling while tucking your chin to your chest. Repeat 10 times</p>	<p><b>Single Knee to Chest</b></p> <p>Stand up tall or lay down. Keeping one leg straight, use abdomen to bring the opposite knee toward the chest. Interlace your fingers around the shin just below the knee. Hold for 30-45 seconds then switch sides</p>	<p><b>Side Stretch</b></p> <p>Sit or stand tall. Reach one arm overhead. Lean toward the arm that is not raised by bending sideways at the waist. Hold for 30-45 seconds, then switch sides</p>
DAY 5	<p><b>Seated Trunk Twist</b></p> <p>Sit or stand with your back straight. From the waist, rotate to one side while keeping hips in place. Hold for 30-45 seconds, then switch sides.</p>	<p><b>Butterfly Stretch</b></p> <p>Sitting on the floor, bend your legs and bring the soles of your feet together so they touch, letting your knees rest out to the sides. Gently lean forward and press your knees down with your elbows or hands until you feel a stretch. Hold 30-45 seconds</p>	<p><b>Neck Stretch</b></p> <p>Sit or stand up tall. Gently tilt your head to one side, bringing your ear toward your shoulder. Hold for 30-45 seconds and switch</p>