

# Today's **CHALLENGE**

December 28<sup>th</sup>, 2022



## 10-Minute Stretch

- You can integrate the focus on breath that you practiced on Day 4 into today's Challenge if you'd like.

- |  |                  |
|--|------------------|
| 1. <b>Legs Up-The-Wall</b>                     | 60 seconds       |
| 2. <b>Wall Frog Stretch</b>                    | 30 seconds       |
| 3. <b>Wall Figure-4 Stretch</b>                | 60 seconds/ leg  |
| 4. <b>Wall Hip Flexor/ Quad'</b>               | 60 seconds/ leg  |
| 5. <b>Lunging Hip Flexor into Pec'</b>         | 30 seconds/ side |
| 6. <b>Lunging Hip Flexor w/ Torso Rotation</b> | 30 seconds/ side |
| 7. <b>"Pigeon" Pose</b>                        | 60 seconds/ side |
| 8. <b>"Baby" Cobra</b>                         | 30 seconds       |

1. Find a wall or door;
2. Grab your stopwatch;
3. ... and STRETCH!

\*\*\* At the end of 10 minutes of stretching please send me an e-mail ?



### **WARNING!**

If you feel lightheaded, dizzy or nauseous at any stage, please stop immediately.



## Hamstring – “Legs Up The Wall”

**Picture 1**



**Picture 2**

### Instructions:

- Start by laying on your side with your butt and legs against the wall;
- Swing your legs up the wall so you are laying on your back with your legs resting up the wall;
- Hang out here for a minute or two (or longer if you have time).

### Modifications and Tips:

## Hips/ Adductors

*“Legs Up The Wall”*

**Picture 1**



**Picture 2**



### Instructions:

- Start off in a *Legs Up The Wall* position [Picture 1];
- Bring the feet together and let the knees “flare” outward as you slide the heels down the wall towards your butt [Picture 2] .
- Hang out here, in a gentle stretch, for a minute or two.

### Modifications and Tips:

- Increase the stretch by bringing the heels closer to the butt or gently pushing the knees away and towards the wall.

## Glutes/ Low Back

*"Legs Up The Wall"*

**Picture 1**



**Picture 2**



### Instructions:

- Start off in a *Legs Up The Wall* position [Picture 1];
- Cross the right foot over the left knee [Picture 2] and begin to slide the left foot down the wall until you feel a stretch in the left glute/ hip;
- Hang out here, in a gentle stretch, for a minute or two.

### Modifications and Tips:

- The hips may lift off the floor as you slide the leg down the wall... that's okay. Try and let the back relax in this position.

## Quad/ Hip Flexor

*“Legs Up The Wall”*

**Picture 1**



**Picture 2**



### Instructions:

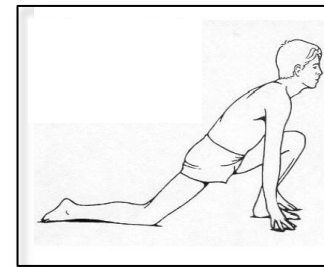
- Start off in a kneeling position, facing away from the wall with your feet against the wall;
- Bend the right knee and “reach” the knee back towards the wall so that the foot sneaks up the wall;
- Step the left leg up and forward so the foot is on the ground;
- Hold this stretch for at least 30 seconds before changing sides.

### Modifications and Tips:

- If the stretch is too intense to start, move the knee a little further away from the wall.
- You may want a chair or foam roller next to you for balance as you move in and out of this position.
- The more you sink the hips forward the more you will feel this stretch in the hip flexors [Picture1].
- The more you lean your body back towards the wall the more you will feel this stretch in the thigh [Picture 2].

# Lunging Hip Flexor Stretch

(rear foot elevated)



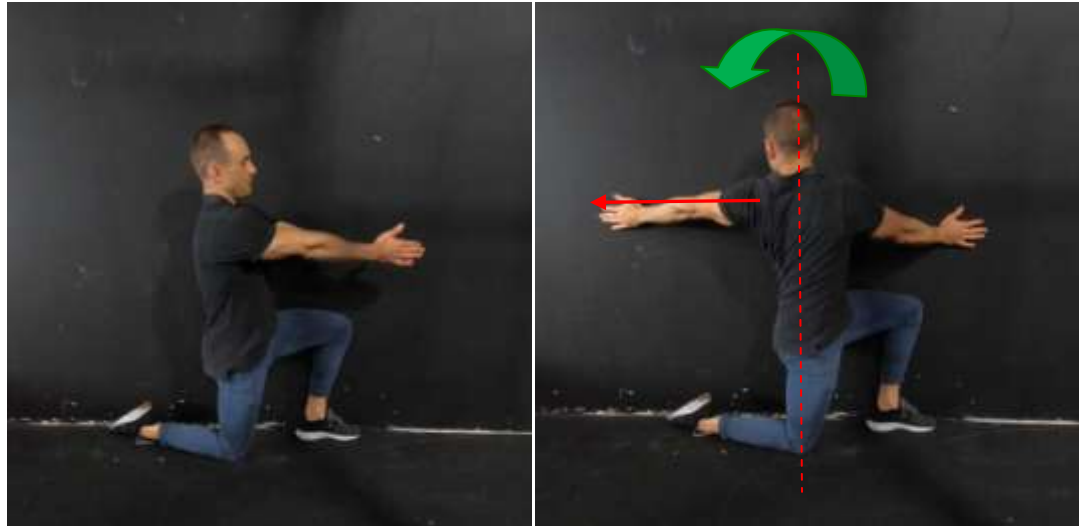
## Instructions:

- Start in a “half kneeling”/ lunge position (back knee on the ground) and the foot elevated on a bench;
- When getting into this position, lean slightly forward with hands on the ground (*see small inlay picture*), and give the glutes a small contraction;
- With glutes tight, and good spinal alignment move into a “tall kneeling” position (chest up);
- Slide the hips forward slightly to increase the stretch, hold for a 2/3-count and ease off slightly;
- Repeat for the recommended number of repetitions before switching legs.

## Modifications and Tips:

- Do not overextend (over-arch) your back. ALWAYS maintain good posture.
- To increase the stretch slightly, raise the hands overhead and lean in the opposite direction to the foot that is elevated.

## Lunging Hip Flexor into Pec' Stretch



### Instructions:

- Start off in a Half-Kneeling (Low Lunge) position, with the “front leg” against the wall [*left leg in the pictures*];
- Take the inside arm (the one closest to the wall) and, keeping it against the wall, sweep it up and open, rotating through the torso as you do;
- Hold this stretch for the suggested length of time.

### Modifications and Tips:



## Twisted Prayer Pose

*"Thread the Needle"*



Instructions:

Modifications and Tips:



## Pigeon Pose



**Upright/ “Proud”**



**Sleeping/ “Humble”**

### Instructions:

- Start on all fours in a *Quadruped* position;
- Slide the right knee forward toward your right hand;
- Slide your left leg back as far as your hips will allow.
- You can either stay upright in this position supporting yourself with your hands and strong arms (*Upright*), or begin to fold the upper body, resting your head on your hands, a pillow or a yoga block (*Sleeping*).
- To get full release of the hips, breathe deeply and release the belly.
- Stay in this position for the suggested period of time or number of breaths.

### Modifications and Tips:

- Keep your hips square to the floor (i.e. don’t “slouch” onto one hip).
- You can begin to open your hip a bit more by angling your right ankle into your left groin.

# Cobra Pose



## Instructions:

- Lay on your stomach with the legs straight and feet together;
- Place your forearms on the floor with the palms of your hands flat on the floor at shoulder width apart and elbows in line with the forehead;
- Slowly raise the head, shoulders and chest off of the floor bringing the upper arms to vertical;
- Keep the elbows, forearms and hands on the floor;
- Hold for as long as comfortably possible and then slowly release and lower the body down to the floor.

## Modifications and Tips:

- Breathe normally. With each breath out try and let the pelvis sink a little further into the floor.
- Think about drawing the ribcage up and away from the pelvis.
- Protect the lower back by keeping the glutes (buttocks) slightly tightened.