



# STRETCH

BREAK

CORE



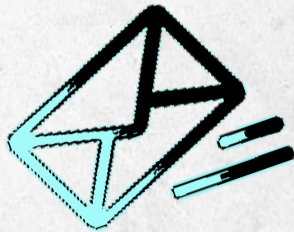
Please take this  
time to  
**WARM UP**  
before  
stretching







Exit



Silence



# WARM UP



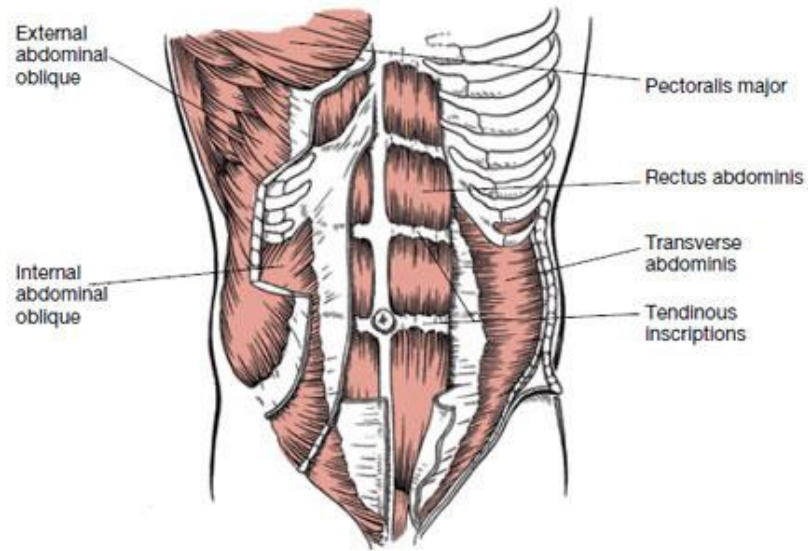
# ✓ SAFETY

- **Smooth** movement
- **Avoid** “locking” joints
- **Safe and comfortable**

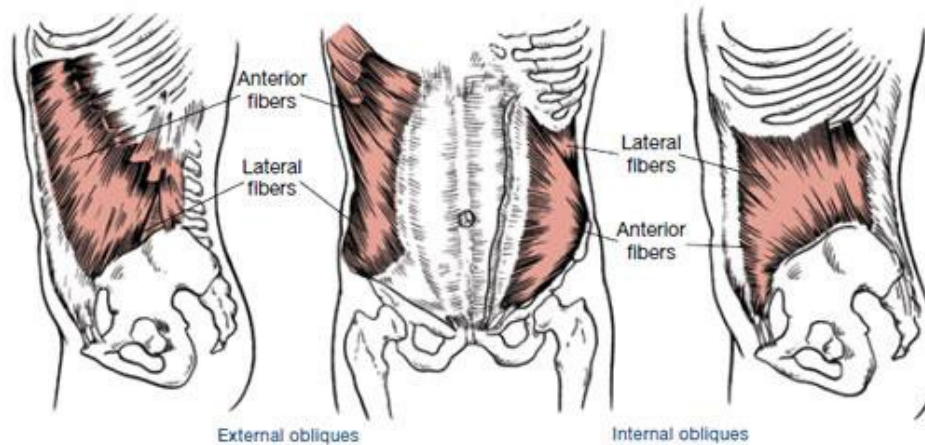




# What are your core muscles?



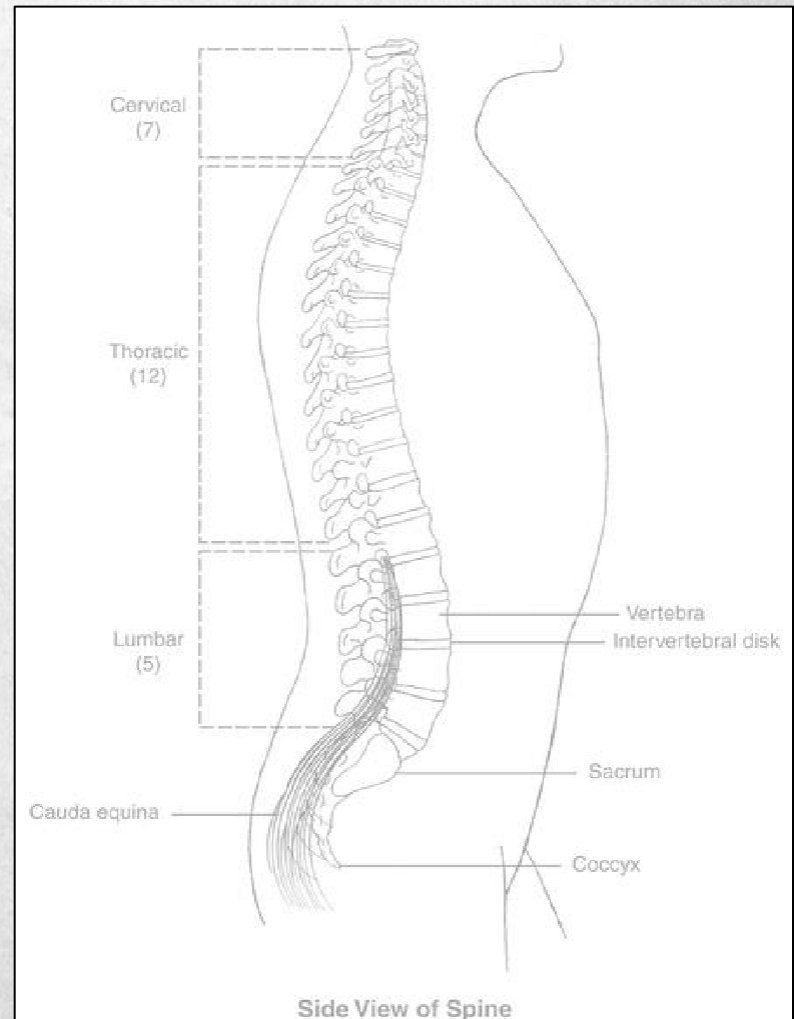
**Figure 1-29**  
Muscles of the abdominal wall



**Figure 1-30**  
External and internal obliques

# ✓ POSTURE

- **Spine** lengthened
- **Head** lifted
- **Shoulders** relaxed
- **Abdomen** engaged
- **Feet** pressed down



# Breathe!



# Cat Cow Stretch

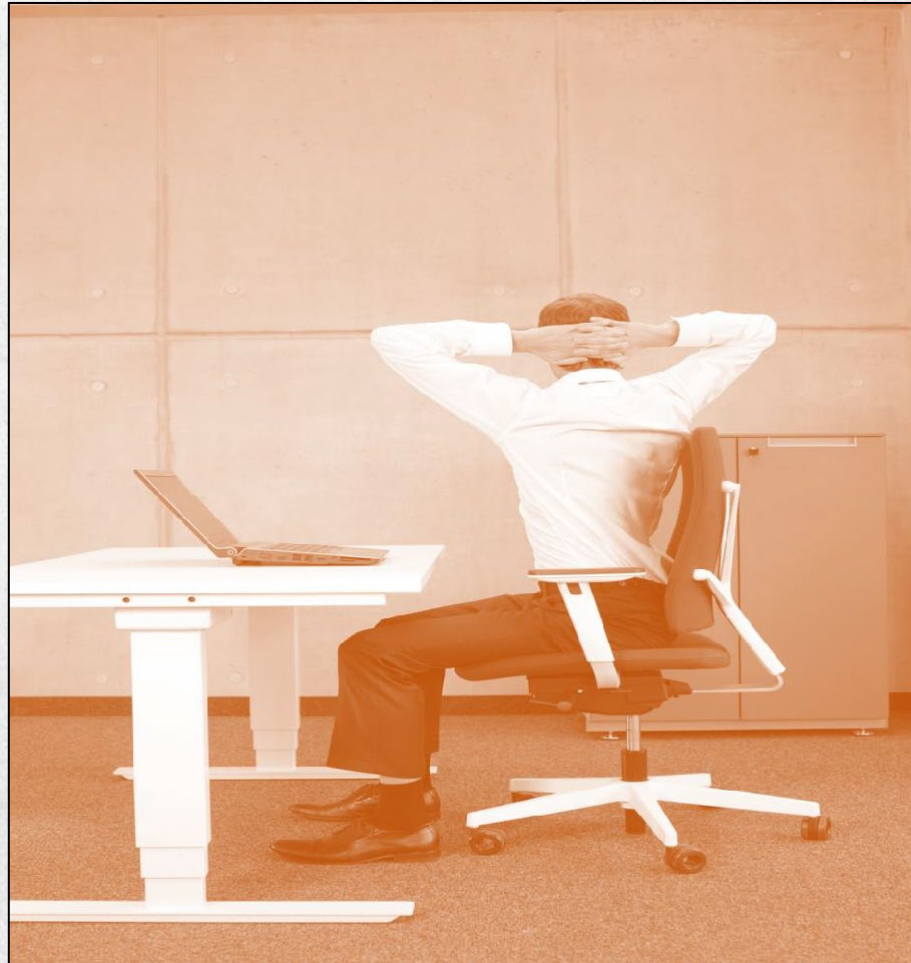




# Spinal Twist



# Spinal Twist



# Axial Extension





# Side Bend Stretch



# Side Bend Stretch



# Side Bend Stretch





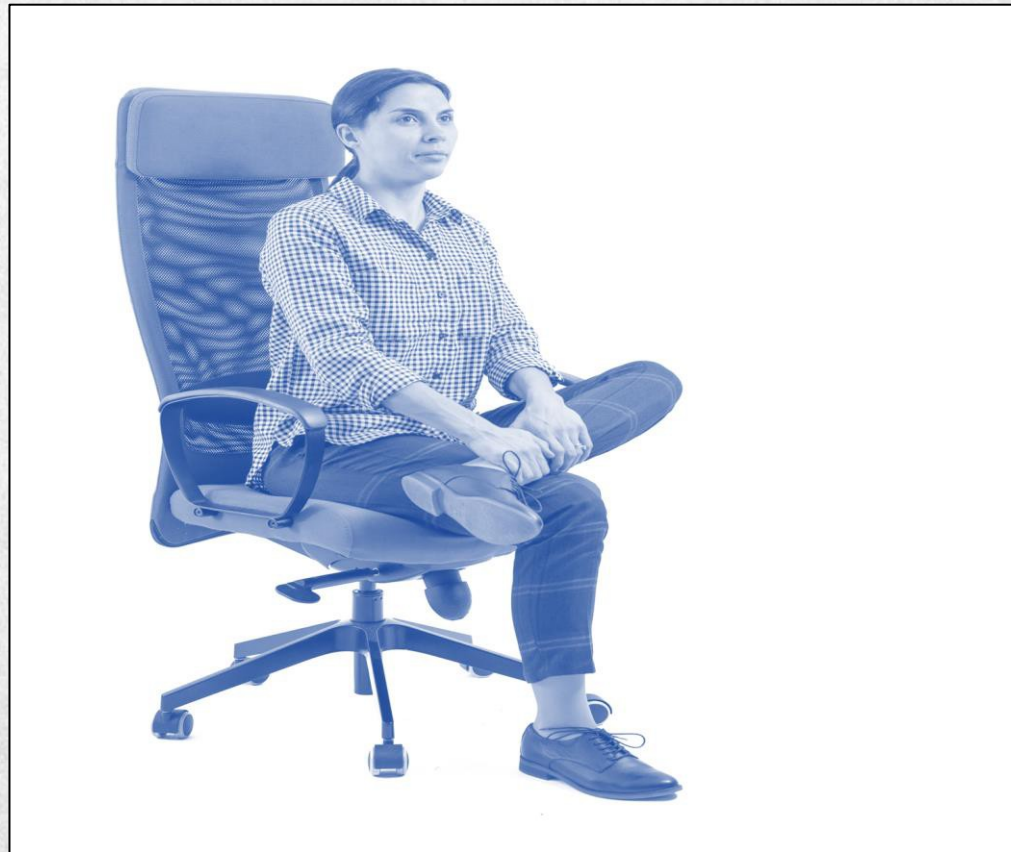
# Low Back Stretch



# Hip Stretch

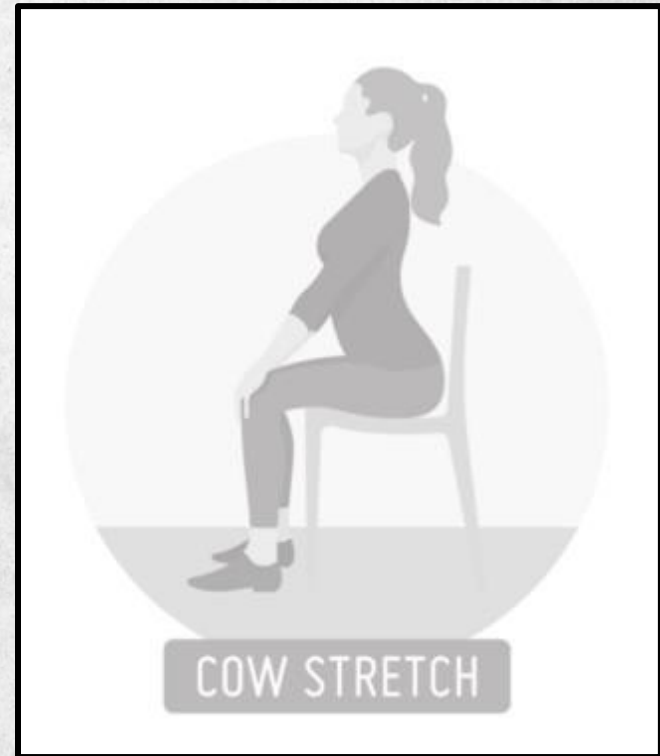


# Hip Stretch





# Cat Cow Stretch



# Contact:



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