

# CORE 4 ON THE FLOOR

## 1. Glutes – Functional Line



1. Sit more on one glute, place front foot on back knee. Make adjustments for comfort.

2. Lengthen whole spine out from the top of your head as you inhale. Exhale moving out & down forward into the stretch, keeping spine long.

3. Flex, rolling up through spine to beginning erect position. Repeat, taking torso forward over front of knee at different angles targeting the different glute fibers.

Tips: Breathe, waving into and out of the stretch until you feel your tissues release. Drop your body down closer to the floor and move from side to side.

## 3. Hip Flexors – Deep Front Line



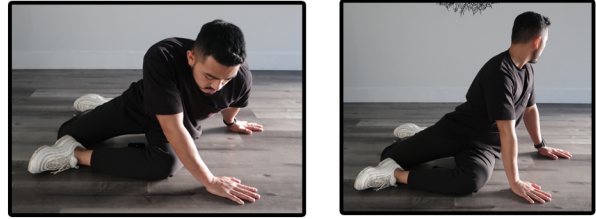
1. From last position, place back forearm on ground & find stable position to balance on that arm with full weight.

2. Slightly leaning forward on both hands, inhale.

3. Exhale while leaning back, looking up to ceiling. Repeat.

Tips: Lean further back to progress stretch. Turn chest toward floor then to ceiling to stretch different angles.

## 2. QL – Deep Front Line



1. From the glute stretch, start walking hands to back until slight stretch felt in back, hips or legs.

2. Keeping hands still, lean to front hand & inhale.

3. Exhale as you lean into the back hand, slightly bending elbow.

Tips: Walk hands slightly further with each rep to progress stretch.

## 4. Lats – Functional Line



1. Moving from the last position, inhale and then reach your arm up overhead.

2. Extend the arm out from the hip as you reach up and overhead.

3. Exhale as you rotate chest toward floor, reaching arm out.

4. Circle your arm down and back up overhead to repeat.

Tips: Keep reaching arm throughout stretch for maximal effect. Try to get chest more parallel to floor with each rep.