

Step Down and One Arm Reach

1. With whichever leg appears longer when you lay on your back, step on to a small box or step.
2. Lower the opposite leg down to the floor as you bend into the knee.
3. As you descend, raise the arm on the same side as the lowered leg up as high as possible. For example, if the left foot is lowering to the floor, raise the left arm.
4. Perform two to three sets of five to 10 reps on this side only. Do not perform the exercise on the other side.

Up and Down Dog

1. In a prone plank position with your arms stretched out straight, push your hips back as far as possible.
2. Hold this for two seconds, and then lower your hips back down toward the floor.
3. Try to get as low as possible without giving yourself back discomfort or pain.
4. Perform two to three sets of five to 10 reps.

Split Stance with Arm Reach

1. Step forward with the "longer" leg in front in a slightly exaggerated stride length.
2. Keep your torso as upright as possible at all times.
3. Begin shifting your weight back and forth, allowing the forward knee to bend as you feel the weight shift onto it.
4. As you shift your weight forward, raise the arm that is opposite of your forward leg as high as possible to the sky.
5. While that arm is reaching upward, reach the other arm back with the palm up as much as possible. This causes the torso and spine to turn toward the side of the forward leg.
6. Perform this exercise only on that side. Perform two to three sets of five to 10 reps.