

The Lucky Stretch

Courtney Weis

Exercise	Body Position	Reps		Cues to Use
Breathing	Supine legs longs	2-4	Arms Overhead	Lift up through your abs as your arms come down.
Pelvic Tilt - Bridge	Supine knees bent	4-8	Arm reach	Move sequentially
Supine twist	Supine knees bent	4 ea	Head oppose knees	Keep your shoulders square
Hundred	Supine knees bent	10 breaths	Knees – extend – beats - circles	Hold the legs from the PH
Roll up	Supine legs longs	5-8	Arm Circles/Side Bend/Twist	Move the pelvis to roll. Hold and twist with control
1 leg circle	Supine legs longs	5 ea	Tic toc, leg slides, circles, stretch	Anchor the pelvis
RLB	Seated on mat in C curve	6-10	Hold under knees	Keep the shape as you roll
Single leg stretch	Supine on mat. Head up	5-8	Add rotation	Box square and pull to CL
Double leg stretch	Supine on mat. Head up	5-8	Wide arms and legs	Use abs to keep body still
Scissors	Supine on mat. Head up	5-8	Pulse pulse Stretch	Find your scoop and strength
Lower lifts	Supine on mat. Head up	5-8	Lower – open/close - lift	Magnetize the inner thighs
Criss Cross	Supine on mat. Head up	5-8	Slow to quick – hold and twist	Twist low to high
Spine stretch forward to open leg rocker	Seated on mat	5-8	Roll back catch feet. Roll forward and stretch. Diamond legs	Exhale round, inhale lengthen. Roll center of spine in same shape
Reverse curl to bridge prep	Supine on mat.	6-8	Knees in to lift hip. Roll down and bridge	Hips lift from the glutes, curl up from the abs
Saw to neck pull	Seated on mat	5	Bend elbows to twist. Seated 1 leg stretches	Sitz bones to mat throughout
Swan Flow	Prone extension	4-8	Swan push to childs pose	Lift abs up and away from mat
Single leg kick	Prone extension	5-8	Quad stretch to rocking	Align hips and knees
Double leg kick	Prone extension	3-5	Hands under head. Cervical stretch	As legs lower chest lifts
Rest – cat/cow	Kneeling C curve	hold	Elongate low back by pulling seat to heels. Hand rt/lt	Abs up and away from knees
Side Kicks Front back	Sidelying	5-8	Extend to arm and leg	Anchor bottom leg to floor for stability and stack hips

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Side Kicks Up down	Sidelying	5-8	Point and flex – mini pulses. Diagonal front/back	Reach longer than you lift
Circles	Sidelying	5-8	Small to large	Reach top leg longer each circle
Inner thighs	Sidelying	5-8	To scissors stretch	Keep box square
Bicycle	Sidelying	5-8	Stretch front/back	
Teaser	Supine on mat	3-6	Progression	Hold legs from Powerhouse. Eyes in
Swimming Prep	Prone on mat	4-8	1 leg at a time. R/L. all 4 lift and hold. Prone knee bend to hip	Work longer each rep
Leg Pull Front to DD	Prone weight bearing on mat	4-8	Flow with kneeyto nose	Align neck head and spine
Reverse TT	Supine weight bearing	4-8	Figure 4 legs	Strong glutes to hold hips high
Mermaid flow	Side weight bearing	4-6 ea	Snake/twist	
Seal	Seated C curve	5-10	W and w/o clap	Massage the spine
Push Up Flow	Standing	4-6	FF/lift/plank/DD	Flow from one movement to the next
Splits and Lunges	Standing	4-6	No hands	Press through the back of the legs and glutes
Breathing/Balance	Standing	4-6		