

Lunge

Bring your right foot forward, bending slightly at the knee to keep right knee above the right ankle. With your left knee slightly bent behind you, push your hips forward to feel the stretch – your left heel can come off the ground. **Slowly** bring arms up over your head, while keeping your chest up. Hold for 30 seconds (6 deep breaths). **Slowly** lower arms back down to your side, switch feet, and repeat.

Frequency: 5 sets each, daily, as tolerated.

