

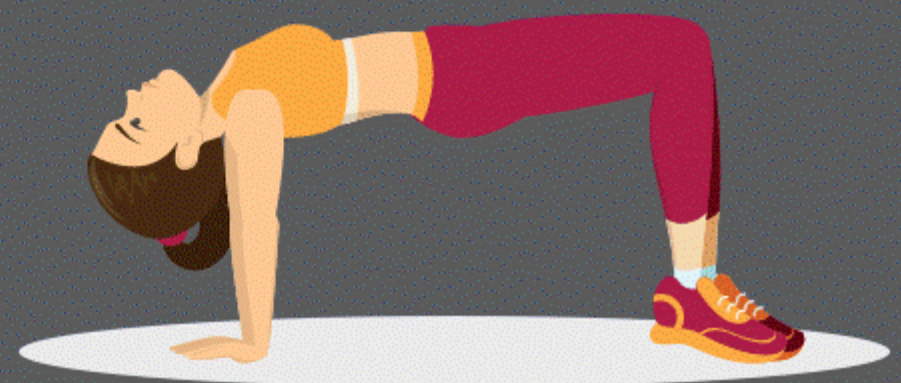
## 1. Bird Dog:

Simultaneously lift your arm and leg (of opposite sides) off the floor until they are in line with your torso. Pause for a second and lower your limbs back to the floor. Repeat on other side.



## 2. Bridge:

Start by lying on your back and raise your buttocks off the floor until you make a straight line from your knees to your shoulders. Pause for a second and lower your back to the floor. Repeat 10 times.



### 3. Cat-Cow Stretch:

Start with your hands and knees on the floor. Round your back with your head down and tuck your tailbone underneath of you. Reverse the movement and repeat for 10-reps.



### 4. Half Push-Up:

Keeping your hips, legs and feet on the floor; push your chest off the floor as far as you can, pause for 1-5 seconds and slowly lower yourself back to the floor. Repeat for 10-reps.

