

## Try This Workout

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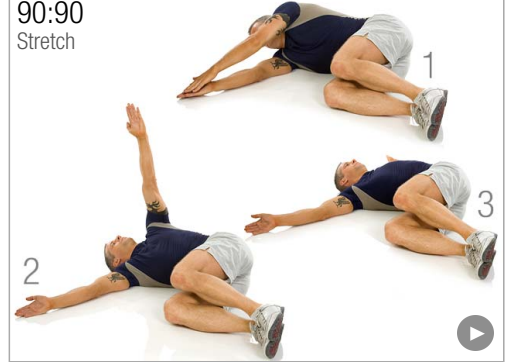
*Equipment: Bodyweight*

### Spiderman Lunge Stretch



- 1 - Start in the top position of a push up with your arms straight.
  - 2 - Step one foot forward to your hand, bending at the knee.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

### 90:90 Stretch



- 1 - Lie on your side with your arms together on the floor in front at shoulder height.
  - 2 - Raise one arm straight up to a 90 degree angle and look up at your hand.
  - 3 - Lower this arm straight down to the floor on the other side.
- Return this arm back to the start position.
  - Perform on one side, then switch to the other side. Alternate sides with each rep.

### Back Stretch



- 1 - Start on all fours on the floor with your back slightly rounded.
- 2 - Arch your back, pulling your abdominals up and in, raising your shoulders and lowering your head.

### Bow Pilates



- Lie face down with your legs straight and your arms by your sides, palms up
- 1 - Raise your legs, bringing your heels toward your buttocks, reaching your hands back to hold ankles and raise upper body.
  - 2 - Rock forward onto your upper chest, then rock back to the mid position.

### Glutes Stretch



- 1 - Lie on your back with one foot flat on the floor, knee bent and the ankle of the opposite leg on the bent knee.
  - 2 - Clasp your hands behind the thigh of the leg on the floor and gently pull the bent knee toward your chest.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

### Hamstrings Stretch



- Lie on your back with both legs straight out.
- 1 - Raise one leg up straight.
  - 2 - Grasp behind the knee or ankle and gently pull the leg towards your head.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

### Hip Flexors Stretch



- 1 - Place one knee on the floor and step forward with the other foot into a lunge.
  - 2 - Lean your weight forward into your front foot, lowering the hip of the back leg toward the floor.
- Keep the front foot flat throughout.
  - Perform on one side, then switch to the other side. Alternate sides with each rep.