

Stretches by:



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## SAFETY TIPS

Straight elbows.

*\* Always do 1 upper back stretch and 1 hip stretch BEFORE doing any back flexibility.*

*\* If your elbows are bending during the exercises, use a strap around them to help keep them straight*

## FOCUS

Not sinking into lower back.

## EQUIPMENT

## Yoga Block



## Beginner

### EXERCISE 1:

Push up into a bridge with feet raised off the floor 15cm (6 inches) high. Bring hands slightly narrower than shoulders. Feet parallel.

- A)** Rock into upper back 10x's.
- B)** Hold pushing back into shoulders 20 sec. Make sure glutes stays relaxed.

*\* If you can't push up alone don't have someone help you. Check with your teacher what you need to practice instead to be able to do your bridge: core strength, arm strength, hip flexibility, shoulder/upper back flexibility.*



## Intermediate EXERCISE 2:

Hands raised up 15cm (6 inches) high. Bring hands slightly narrower than shoulders. Feet parallel.

- A)** Rock into upper back 10x's.
- B)** Hold pushing back into shoulders 20 sec. Make sure glutes stays relaxed.



### Advanced EXERCISE 3:

Place two yoga blocks on floor, push up into bridge on blocks lightly with control, and using upper back. Feet parallel.

*\* If blocks move or slide, you are either using the wrong technique to go up, not using enough flexibility in upper back and shoulders, or not going up lightly.*

- A)** Push up and down 10x's into bridge on blocks (without them moving), come down slowly.
- B)** Relaxed rocking using upper back and shoulders 10x's.

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