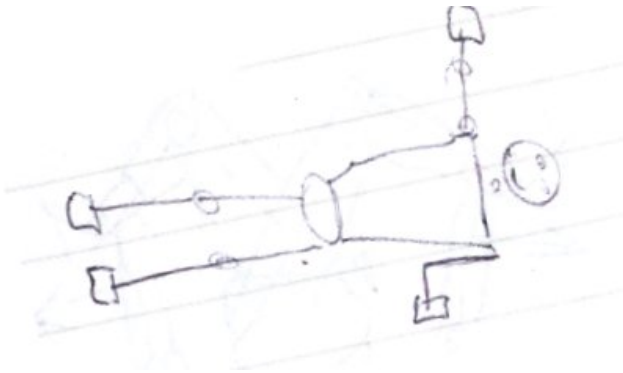


Bridge



The bridge is an alternative to the standard pushup. Put yourself in the pushup position, but prop yourself on your forearms. Hold the position for 30 seconds.

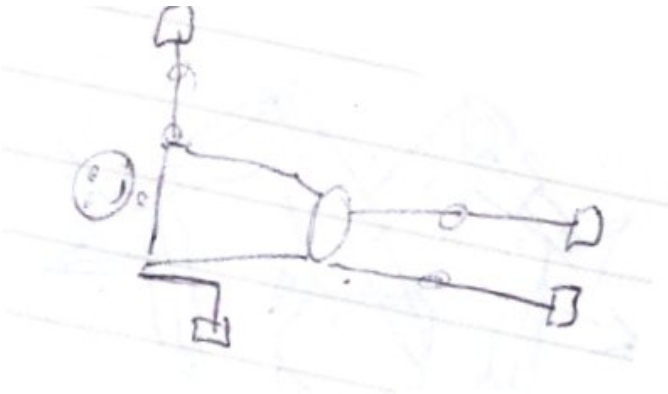
Left Bridge



Prop yourself up on your left side, keeping yourself up with your left forearm and left side of your foot.

Make sure to keep your body position straight, and not sagging in the middle.

Right Bridge

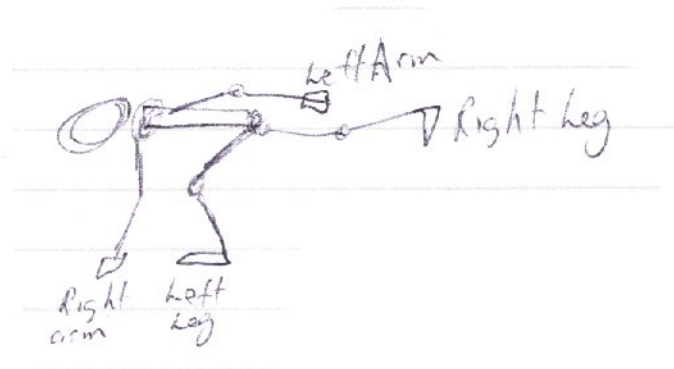


Flip over to your right side. Hold both for 30 seconds.

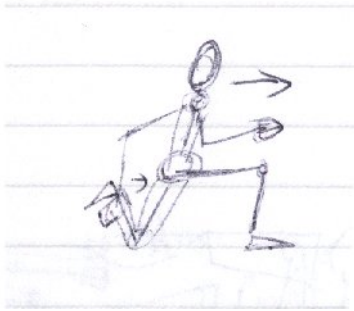
One leg dips

From a standing position, bend forward from the waste, bringing your torso parallel with the floor.

Move your opposite hand goes towards opposite foot. Stand up, repeat. Switch legs after 5.

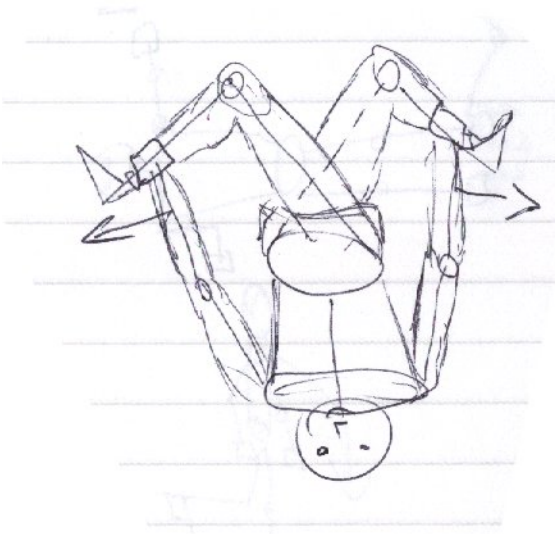


Lunge



In a lunge position, grab your back leg by the ankle, and pull your calf towards you. This will stretch your hip flexors. If you want a greater range of motion, push yourself forwards from the hips. You may want to be holding onto something.

Whale Tail



This is a really good stretch if you have tight hamstrings. It stretches all the muscle groups around it as well as the hamstrings.

Lie on your back and cross your right leg on top of your left leg.

Grab your right ankle with your left hand, and your left ankle with your right hand, and pull.

Then switch how your legs were crossed, crossing your left leg on top of your right leg, and pull again.

Try to maintain 90 degree angles with your legs as you pull them apart.