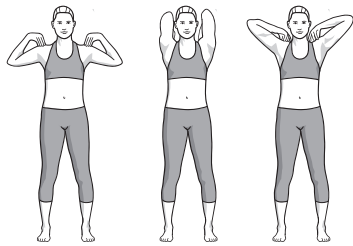


Total Time 20 min  
Equipment Mat, Towel or similar

|   | Exercise                  | exec.  | Reps/Sec | Sets | sides |
|---|---------------------------|--------|----------|------|-------|
| 1 | Shoulder Rotation         | dyn.   | 20 Reps  | 2    |       |
| 2 | Cat & Cow                 | dyn.   | 15 Reps  | 3    |       |
| 3 | Quadruped Rotation        | dyn.   | 10 Reps  | 3    | both  |
| 4 | Half Kneeling Hip Stretch | static | 45 sec   | 2    | both  |
| 5 | Supine Glute Stretch      | static | 45 sec   | 3    | both  |
| 6 | Open The Book             | static | 60 sec   | 2    | both  |



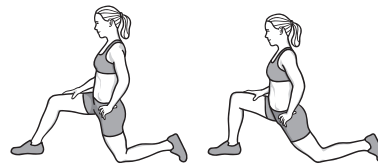
**1** Shoulder Rotation



**2** Cat & Cow



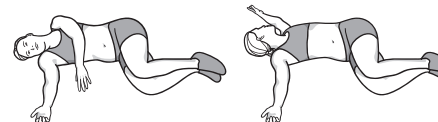
**3** Quadruped Rotation



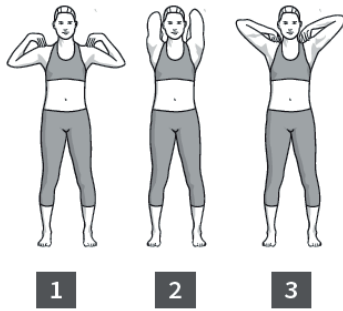
**4** Half Kneeling Hip Stretch



**5** Supine Glute Stretch

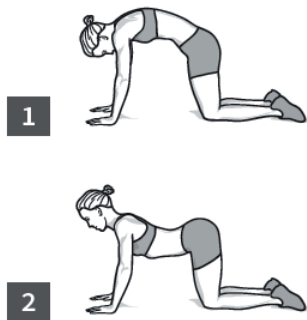


**6** Open The Book



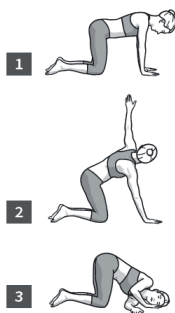
## Shoulder Rotation

1. Adopt an upright, hip-wide stance. Raise the sternum upwards and forward. Balance the head in the middle. Place your fingertips on your shoulder. Open the elbows outwards.
2. Pull the elbows together in front of the sternum and lift them up to the front.
3. Open the elbows upwards and lower them in a large circular motion over the side down.



## Cat & Cow

1. Take a quadrupedal position with knees open to the width of the hips. Look down at the mat. Round your back upwards. Pull the chin up to the sternum. Pull up the belly button. Roll up the pelvis so that the ischial tuberosities face the floor.
2. Stretch the spine into a gentle hollow back. Look forward and upwards. Actively contract the shoulder blades at the back to lift the sternum forward and upward. The navel sinks down towards the mat.



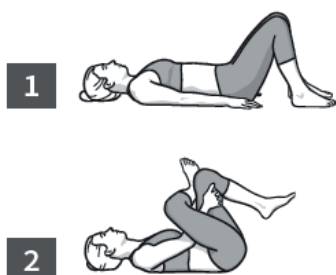
## Quadrupedal Rotation

1. Take a quadrupedal position with knees open to the width of the hips. Hands are below the shoulders. The spine is straight and stable.
2. Loosen the left hand and unscrew it with the upper part of the body far to the left. Both arms are stretched out. The view goes upwards.
3. Push the left arm under the right arm until the left shoulder rests on the floor. Lay your head down. Continue to support with your right hand.



## Half Kneeling Hip Stretch

1. Begin in a kneeling lunge. The back knee is below the hip. The upper body is upright, the spine is long.
2. Push the front knee forward over the toes. The hip moves in front of the supporting knee. The stretch on the left front of the thigh can be felt and becomes even more noticeable when the gluteal muscles are activated.



## Supine Glute Stretch

1. Start in the supine position. Bring the feet up to the buttocks. Lay your shoulders and head on the mat.
2. Place the right foot with the outside of the foot on the left thigh, so that the right knee points outwards. Grasp the left thigh with both hands and pull it towards the upper body. Head and shoulders remain relaxed on the mat. The stretching can be felt in the right buttock side. To intensify the stretching, pull the left leg slightly to the left.

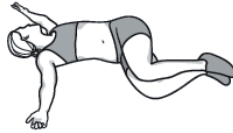
1



## Open The Book

1. From the supine position turn the whole body to the right side. Pull the legs together so that the hips and knees are bent at right angles and lie on top of each other. The shoulders and arms are also on top of each other. The head also turns to the right side.

2



2. Open the left arm above to the left side and lay it down. The entire upper body turns to the left, the head also follows this turn. The legs remain lying on top of each other, just as the pelvis remains turned to the right. The entire left side of the body is stretched.