

## 8. Forward Bend Over Movements



### a. Prayer Stretch

[Video Link](#)

Begin in a quadruped position on a yoga mat or the bed, with your hands placed in front of the shoulders. Rock back to move your bottom close to the heels, while lowering your chest toward the floor until you feel a stretch in your lower back. Make sure to keep your movements slow and controlled.



### b. Hamstring Stretch Seated

[Video Link](#)

Begin sitting upright with one leg straight forward and your heel resting on the ground. Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position. Make sure to keep your knee straight during the stretch and do not let your back arch or slump.



### c. Mountain Pose to Forward Fold

[Video Link Standing](#)

Begin standing in mountain pose, feet apart and palms pressed together. Inhale, lift your arms through the midline to upward facing hand pose. Exhale, bring your hands down and reach forward as you bend your knees to an active squat (keep feet flat) and hold for 3 seconds. Then fold forward and relax your head for 3 seconds. Return to mountain pose. Bending your knees allows for improved folding at the hip crease and decreased strain on the hamstrings and low back. Repeat 3-5 times.





## d. Prone Extension Push-ups

[Video Link Standard](#)

[Video Link with Pillow Under Hips](#)

Begin lying on your stomach with your hands by your shoulders and palms against the ground. Push up against the ground to extend your back and arms, while keeping your hips against the ground. Maintain a chin tuck throughout this stretch and hold for 3 seconds. Repeat 3-5 times. You may place 1-2 pillows under your hips if you have difficulty keeping your hips in contact with the ground.

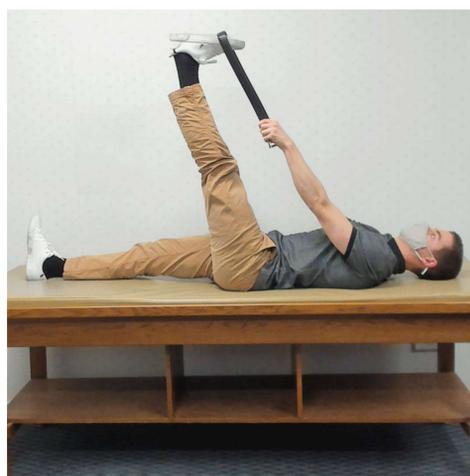


## e. Hamstring Stretch Hooklying

[Video Link Standard](#)

[Video Link With Strap Assist](#)

Begin in a standing upright position. Starting with the top of your head, gently tuck your chin and continue to fold over, rounding forward at your neck, shoulders, then low back, slightly hinging at your hips and knees. Hold, then reverse the motion, rolling back up to the starting position and repeat. Make sure to keep your movements slow and controlled during the exercise.



## f. Pelvic Tilts Using Fitness Ball

[Video Link](#)

Begin lying on your back on a yoga mat with your heels under your knees and a 9-inch fitness ball placed under the lower back. Tighten your abdominals to press your lower back against the fitness ball as you lift your bottom off the mat into a pelvic tilt. Slowly relax to extend your lower back over the fitness ball. This may also be done while sitting in a chair with a fitness ball supporting your lower back.

