Pelvic Tilts
- Sit with your feet flat on the ground & your spine straight
- Curve your stomach in
- Flattening your lower back
- Tilt your pelvis forward to exaggerate the curve
- Repeat for 10 reps

Find Neutral Alignment and Breathe
- Place one hand on your chest just below your collarbone
- Place your other hand on pubic bone
- Imagine your shoulders and sit bones widening
- Bring your hands to your knees while maintaining your position
- With a slight curve in your back take 5 deep breaths

- Single Leg Lifts Seated
  - Sit in a tall straight position feet flat on the ground
  - Slowly lift and lower one leg
  - Alternate legs for 5 reps each

Standing Calf Raises
- Stand with your chair within reach for balance
- Slowly push the floor away from you to raise your heels
- Bring yourself back down
- Repeat for 10 reps
Arm Openers (Seated)
- Sit in your chair with feet flat
- Raise your arms straight out in front of you
- Rotate toward your left
- Keep your right arm where it is while you rotate
- Return to the starting position
- Rotate to the right
- Continue for 10 reps

Lateral Arm Stretches
- Start with feet planted on the floor & back straight
- On inhale reach out & up while tilting your body to the left
- On exhale bring your arm back down & straighten back up
- Repeat on your right
- Alternate for 5 reps per side