Exercise	Details	Notes
All on back (position1)	On back, both legs bent at 60 degrees.	This is the default starting position.
For each exercise, breathe in for one movement, breathe out for next.		
1.Knees up, roll back up and down	Start with back at neutral position. Press back and move forward, then through neutral position and back.	This will take time as the back unlocks from the hips.
2. Knee Bridge, both feet	Raise hips off floor so a straight line from knee to hips. Ensure glutes have equal force	Hold for 5 seconds, then back down, then up again.
3. Arm stretch from shoulder	Both hands straight up. Slide hands past each other without bending elbows	Once easy, go side to side, not bending the elbows.
4. Separate the hip with glute	Using glute, lift the same side hip up. This will take time to feel the SI joint separate.	Go one side several times slowly to figure out, then other side several times slowly.
5. Vastus strength	Extend one leg. Press down with bent leg, press down core, and slowly lift right leg starting from care. Lift only a few inches.	Go back and forth so don't stress cartilege.
6. Pretzel -core and stretch	a. Make pretzel and hold legs up with core. Rotate ankles each way slowly. B. Pull on leg with the extended foot, breathe out for stretch. Repeat other side.	This may be too hard until master in the water.
7. Stretch hips and core	A. Brings legs to chest and squeeze. B. Bring legs back to 90 degrees, and push against knees to isolate core. Then back to A.	Do slowly
8.Neck - turn and stretch	Rotate head sideways to each side, tucking chin and using friction to keep on "axle". After a few rotations, leave head at side and stretch. Then a few more rotations and stretch at other side.	Try not to swivel neck.
9. Full Body stretch	Superman on back.	Key si to stretch core and hips, not shouldes.
10. Legs on wall	Lie on side, turn legs up. Slowly let back and hamstrings stretch, takes about a minute. Then turn legs back down.	Can lift head with hands and slowly drop as relax.