

BRAC Core Strengthening and Flexibility Exercises

1. Warrior III



Benefits: Strengthens lower leg, hip, and core. Builds balance.

“This is a great warm up. Dip in and out like a drinking bird toy,” Do five dips on each leg, holding the last dip for five to 10 breaths.

2. Crescent Lunge



Benefits: Builds strength in the front leg, flexibility in the back leg.

Stand with your legs split, your front knee over the front ankle, and the ball of your back foot touching the ground. Pulse here five to 10 times. Find a comfortable stretch and hold for five to 10 breaths. Repeat on the other side.

3. Bridge Pose



Benefits: Builds strength in glutes and hamstrings while stretching hip flexors, abs, and chest.

Hold the pose for three rounds of 10 breaths.

4. Cross-Legged Twist



Benefits: Stretches hips and chest, rotates spine.

Hold the pose for five to 15 breaths on each side.

5. Legs Up the Wall



Benefits: Stretches hamstrings and chest.

This is a passive pose. Hold this pose for as long as you like.

6. Downward-Facing Dog



Benefits: [stretches](#) the hamstrings and calves, and creates length in the spine.

Instructions: Start on hands and knees. Place your palms a handprint's distance in front of your shoulders. Tuck your toes under and lift knees off floor. Pull your hips up and back away from your hands. Keep knees bent and focus on lengthening your torso -- press down into your hands, pull up on your arms -- then shift your weight onto your legs. Without losing that sense of direction or length in your torso, begin to lift thighs up as you reach your heels back and down, which will straighten your knees. Engage your quads by pulling your kneecaps up. Hold for five to 10 breaths. Lightly lower both knees back to floor.

7. Upward-Facing Dog



Benefits: Up Dog opens the hip flexors and stretches the whole front of the body [👉](#). It's also a chest and shoulder opener, which can help expand breathing.

Instructions: Lie on your abdomen, facing floor. Bend your elbows and place your hands on mat in line with your lower ribs, wrists aligned under your elbows. Reach legs back and press tops of your feet down into the floor. Press down into your hands and straighten arms, pulling your chest up toward ceiling and lifting fronts of your thighs and hips away from floor. Take a few breaths, and roll back down. Modify this pose by keeping your toes tucked instead of pointed, which will help activate and lift your thighs. If your lower back feels tight, rest your knees on the mat, which will help lengthen your tailbone.

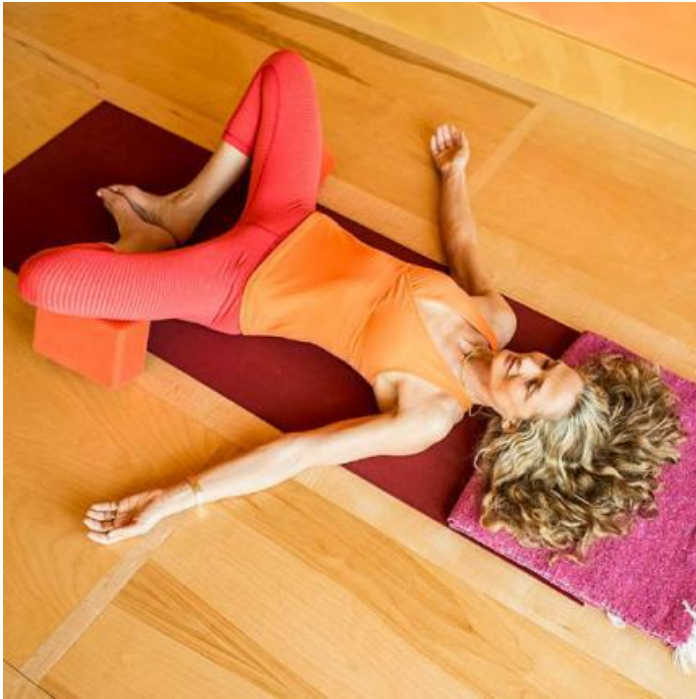
8. Reclined Pyramid Pose



Benefits: This will open your hamstrings and calves without straining your lower back.

Instructions: Lie on your back and put right foot in a yoga strap (use the tie to a robe or a towel if you don't have one). Keep your left leg on the floor and raise the right leg with foot in strap. Walk your arms up strap until arms are straight, then pull arms back into their sockets to gently stretch (not yank!) your right leg. Repeat with left leg in strap.

9. Reclining Cobbler's Pose



Benefits: This pose opens the hips and releases tight adductors while also releasing tension. Be sure to prop knees up, so your adductors can release rather than overstretch.

Instructions: Sitting, bring your feet together and spread knees wide. Sit your hips as close to your heels as possible. Prop up your knees with blocks or folded blankets, then lie down on your back.

10. Single or Double-Leg Squat



Benefit Gluteal muscle activation during the isometric phase of squatting exercises with and ... on Muscle Recruitment Patterns of the Hip Abductor

Instructions

Feet out at roughly a 45 degree angle position or width of stance, but proper trunk position is straight back with head looking forward. Arms behind the head and then Keep your knees in line with your feet and squat repeat 10 times.