

Psoas Major



Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and rise up onto your elbows.



Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and raise up by straightening your arms.



Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and raise up by straightening your arms. Then slowly bend one arm and rotate that shoulder towards the ground.



Stand upright with your feet shoulder width apart and place your hands on your buttocks for support. Look upwards and slowly lean backwards at the waist.



Stand upright with your feet shoulder width apart and place one hand of your buttocks. Look up and slowly lean backwards at the waist, then reach over with your opposite hand and rotate at the waist.



Kneel on one foot and the other knee. If needed, hold on to something to keep your balance. Push your hips forward.