

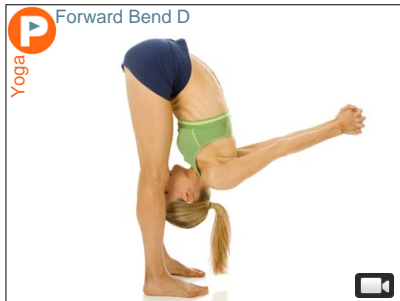


Lisa Cohen Fitness: Try This Workout

Nighttime Stretch Routine



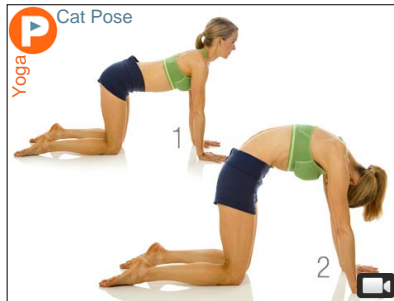
Lisa Cohen



Yoga Forward Bend D

- From an upright position with your hands clasped behind your back, bend forward at your hips keeping your legs as straight as possible.
- Lower your torso down to rest your head on your shins, lengthening your spine and reach your arms out in front with your hands clasped.
- Hold for 3 breaths.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Yoga Cat Pose

- 1 - Start on all fours, looking straight forward
- 2 - Arch your back, rounding your spine up as much as possible, looking down at the floor.

- Return to the start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

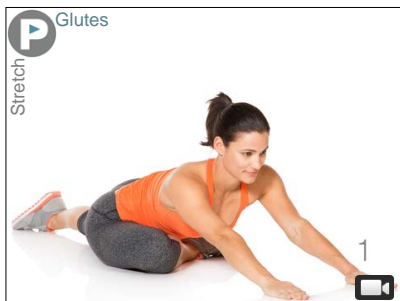


Stretch Hip Flexors

- 1 - Place one knee on the floor and step forward with the other foot into a lunge.
- 2 - Lean your weight forward into your front foot, lowering the hip of the back leg toward the floor.

- Keep the front foot flat throughout.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Stretch Glutes

- Sit on the floor with one leg out in front, bent at the knee and the other leg straight out behind with your hands on the floor beside your front leg.
- 1 - Lean your upper body forward, gently pushing your hip into floor.

- Perform on one side, then switch to the other side. Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Stretch Back

- 1 - Lie on your back with your feet up and your knees bent at 90 degrees holding behind your knees.
- 2 - Gently pull your knees to your chest, allowing your lower back to round slightly.

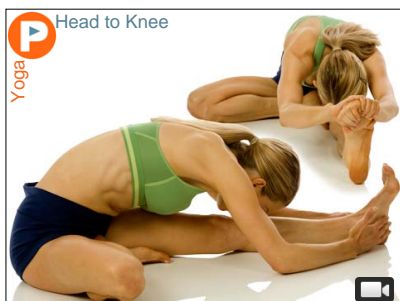
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Yoga Half Lord of the Fishes

- Sit on the floor with your legs straight and your arms by your sides.
- Bend your knees, placing one foot on the outside of the other thigh and sliding the other foot up under your opposite hip.
- Twist your torso to the side of your top leg, placing one hand on the floor and the other arm on your thigh.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Yoga Head to Knee

- Sit upright and bend one knee placing the sole of the foot into the opposite inner thigh.
- Bend forward at the hips and lower your head towards your straight knee.
- Reach your hands to your outstretched foot, clasping it if possible.
- Stay centered and keep your foot flexed.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			