

Craftsbury XC Core Stretch Routine

Cobra Pose abdominal stretch



Cobra Pose opens up your hips and gives your abdominal muscles a thorough stretch.

1. Lay face down on the floor or a yoga mat.
2. With your hips flat on the ground, push your upper body upward, while looking straight ahead. This will stretch the abdominal muscles.
3. Hold the position for 20 seconds, then return to the starting position.
4. Repeat 3 to 4 times.

Cat-Cow stretch



Cat-Cow stretch helps with the mobility and flexibility in your abdominal muscles. It also helps stretch and strengthen your lower back.

1. Get on your hands and knees, and tuck your head downward as you arch your back, similar to how a cat does it.
2. Extend the neck all the way upwards, and drop your belly all the way downwards, stretching the abdominal muscles.
3. Hold for 20 seconds, then return to the starting position.
4. Repeat 3 to 4 times.

Seated side-straddle stretch

The seated side-straddle stretch allows you to lengthen the abdominal muscles, hips, and thigh muscles while improving flexibility in the spine.

1. Sit upright on the floor with your legs apart.
2. Raise your arms to the side with your elbows bent and fingers pointing up.
3. Engage the abdominal muscles and slowly bend sideways to the right, bringing the right elbow towards the floor. Don't bend forward or rotate. You should feel the stretch through the obliques.
4. Hold this position for 15 to 30 seconds, then return to the starting position. Repeat on the left side and hold for 15 to 30 seconds.
5. Repeat 2 to 3 times on each side.

Chest opener on an exercise ball

This stretch promotes relaxation and gives your abdominals a thorough stretch. It also stretches the shoulders and chest.

1. Lie on your back on an exercise ball. Your shoulder blades, neck and head should be on the top of the ball, with your back extended, feet flat on the floor, and knees flexed at 90-degrees.
2. Begin the stretch by opening up your arms and letting them fall to the side of the ball. Make sure you're looking up at the ceiling.
3. Hold for 15 to 30 seconds.
4. Repeat 2 to 3 times.