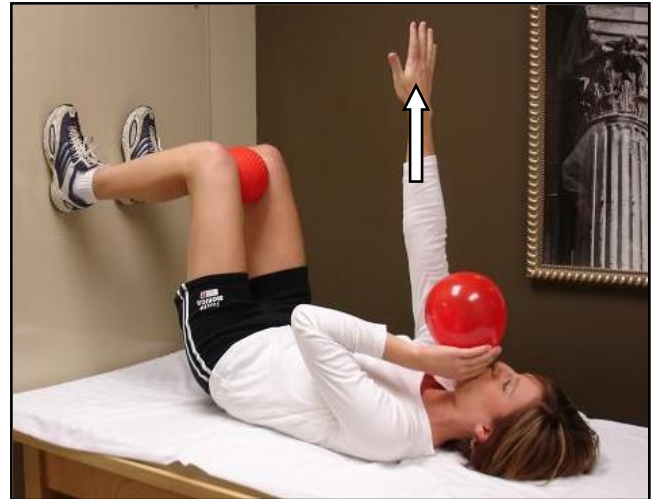


90-90 Hip Lift with Right Arm Reach and Balloon



1. Lie on your back with your feet flat on a wall and your knees and hips bent at a 90-degree angle.
2. Place a 4-6 inch ball between your knees.
3. Place your right arm above your head and a balloon in your left hand.
4. Inhale through your nose and as you exhale through your mouth, perform a pelvic tilt so that your tailbone is raised slightly off the mat. Keep your low back flat on the mat. Do not press your feet flat into the wall instead dig down with your heels. You should feel the muscles on the back of your thighs engage.
5. Place your right hand straight up in the air and place a balloon in your left hand.
6. Take a deep breath in through your nose, as you exhale into the balloon reach towards the ceiling with your right arm.
7. Hold this position and pause 3 seconds with your tongue on the roof of your mouth to prevent airflow out of the balloon.
8. Without pinching the neck of the balloon and keeping your tongue on the roof of your mouth, inhale again through your nose and exhale into the balloon while reaching further towards the ceiling with your right arm.
9. Hold this position and pause 3 seconds.
10. After the fourth breath in, pinch the balloon neck and remove it from your mouth. Let the air out of the balloon.
11. Relax your arm and pelvis and repeat the sequence 4 more times.