



CORA COACH'S CORNER
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Myofascial Stretch: Psoas	Cues
 A black and white photograph of a man in a lunge position, performing a Psoas stretch. He is on his right knee with his left foot flat on the floor. His arms are extended forward and slightly to the right, with his hands open. He is looking towards the right side of the frame.	<ul style="list-style-type: none">-tailbone towards the ground and pubic bone towards the belly button (posterior tilt of pelvis)-crown of the head pushes towards the ceiling (axial extension)-pull fingers back and turn thumbs away from one another as much as possible (external rotation of the upper limbs)-lift the chest towards the ceiling and tuck chin back-turn back heel outside of knee-30-60 second holds-1-3 rounds

ELDOA: T6-T7	Cues
 A black and white photograph of a man in a cross-legged position on a wooden floor, performing ELDOA. His hands are clasped together above his head, with his fingers pointing upwards. He is looking directly at the camera.	<ul style="list-style-type: none">-cross legged position pushing knees towards ground-light contact of fingers without pressure between-tuck tailbone towards ground and push crown of head towards ceiling-reach hands, elbows, and shoulder blades towards ceiling-lift chest towards ceiling-hold for 60 seconds