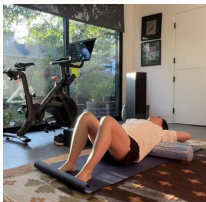


The 10-Minute Morning Reset

Six movements to wake up your joints — one mat, one foam roller.

If you're hypermobile, read this first: the goal is **not** your deepest end range — you already have range. We're building **control and awareness inside** that range. Everywhere you go, find a stretch you can **own**, not one you're hanging in.



01 Foam Roller Thoracic Extension

3-4 SPOTS · 2 BREATHS EACH

Roller horizontal under your shoulder blades — mid-back, not low back. Hands support your head. On an exhale, drape your upper back over the roller in small movements, opening one segment at a time.

WATCH Keep ribs down. Flaring the ribs just shifts the bend into the low back — the spot that's already mobile.



02 Downward Dog with Pedals

30-45 SEC

Hands and knees, tuck toes, lift hips up and back. Pedal the feet — bend one knee, press the other heel down, then switch. Long spine beats straight legs; keep a soft knee bend if needed.

CUE Spread through all ten fingers and press the mat away so you're not dumping into your wrists.



03 Pigeon Stretch

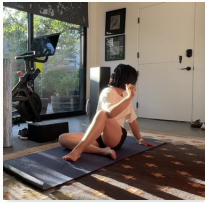
45-60 SEC / SIDE

Front shin forward, back leg long behind you. Square the hips and lower onto your forearms only as far as you still feel the *muscle* — the glute and outer hip — stretch.

SAFETY Feel it in your knee? Back off and shorten the angle of the front shin. Stretch belongs in muscle, never joint.

Morning Reset — continued

Movements 4–6, plus how to make this stick.

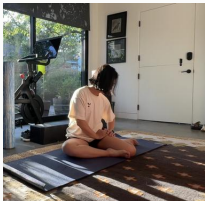


04 Seated Spinal Twist

45 SEC / SIDE

Sit tall, legs extended. Bend one knee and cross that foot outside the opposite thigh. Wrap the opposite arm around the bent knee, plant your other hand behind you, and rotate through your ribs — leading with your chest, not your chin.

HYPERMOBILE Grow tall *before* you turn, and twist from the mid-back — not by cranking the neck or wedging the arm harder.

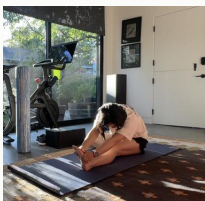


05 Hip 90/90

4–6 SLOW ROTATIONS

Sit with front leg bent 90° ahead, back leg bent 90° to the side. Sit tall, hinge over the front shin to find the outer hip. Then lift both knees an inch and rotate to the other side under your own power.

WHY Lifting into the rotation builds *active* control — the difference between range you have and range you can use.



06 Seated Hamstring Stretch

45 SEC / SIDE

One leg long, other foot tucked in. Hinge from the hips leading with your chest — not your nose — until you feel the back of the thigh.

WATCH Keep a micro-bend in the knee so you load the muscle, not the back of the joint. Key if you tend to hyperextend.

THE THREAD THROUGH ALL SIX

Control is what protects you — not more range.

As a hypermobile person, chasing the deepest stretch is the trap. Every movement here trains you to feel, own, and control the range you already have. That's what changes how your whole day feels in your body.

MAKE IT STICK

- **Stack it** onto something you already do — right after coffee, before your shower.
- **3–4 mornings a week** beats a perfect daily streak you can't keep.
- **Breathe out** as you settle into each position — the exhale is where the give comes.

RED FLAGS — STOP & REASSESS

- **Sharp or pinching** pain, especially inside a joint.
- A stretch you feel **in the knee or low back** instead of the target muscle.
- Any **numbness or tingling** down a limb.

Want the full flow? Comment "MORNING" on my latest post.

I'll send you the video walkthrough so you can follow along in real time.

This guide is for educational purposes and is not a substitute for individualized medical advice. If you have a diagnosed condition, prior injury, or pain that persists, consult your physical therapist or physician.