

Buttocks Stretch: Single Leg

Why we do it:

Release the glute muscles and open up the hips.

Functional Benefit:

Mobility
Flexibility

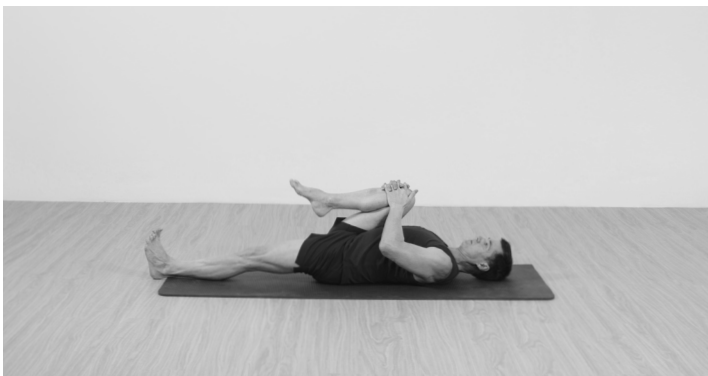


Lie on your back, knees bent with your arms out to the side.



Bring your right knee towards your chest.

Hold your knee with both hands.



Extend and straighten the left leg, keeping it on the floor. Flex your foot.

Release your right knee and bend the left, bringing them together on the floor.

Repeat on the opposite side