

1. Glutes

This is one of the most brilliant glute stretches out. Make this a must for the ending of a workout session.

1. Lie on your back and bend one leg.
2. Straighten your opposite leg and raise it towards the sky.
3. Put the foot of your bent leg on the knee of your straight leg.
4. Pull your straight leg towards your chest.
5. Hold this for 20+ seconds.
6. Do this again with your other leg.
7. Do this 3 times for some great benefits!



1. Sit in a straddle position.
2. Straighten one leg and bend the other towards your crotch.
3. Lean towards your bent knee and feel the stretch in your glutes.
4. Hold this for 20+ seconds.
5. Switch and do the same with the other leg.



2. Piriformis



While lying on your back, cross one ankle on top of the other knee, and raise the outstretched leg towards your chest, by clasping your hands around your thigh.

(Some people grab the knee, but that can put extra stress on it that you don't need.)

3. IT bands



The left leg is the one being stretched. Stand comfortably next to a wall, and support yourself with one hand on the wall.

Keep your right leg as straight as you can while you place your left leg behind it.

Bend the right leg (in front) to apply stretch to the left leg (at the back). Hold the stretch for 30 seconds or more. If you are not feeling the stretch it may mean that you don't have tight I.T. bands.

4. Psoas



Begin in a forward lunge position and place your hands on your knees.

Press down with your hands and extend the hips forward until you feel a stretch from the front of your hip, groin and thigh.

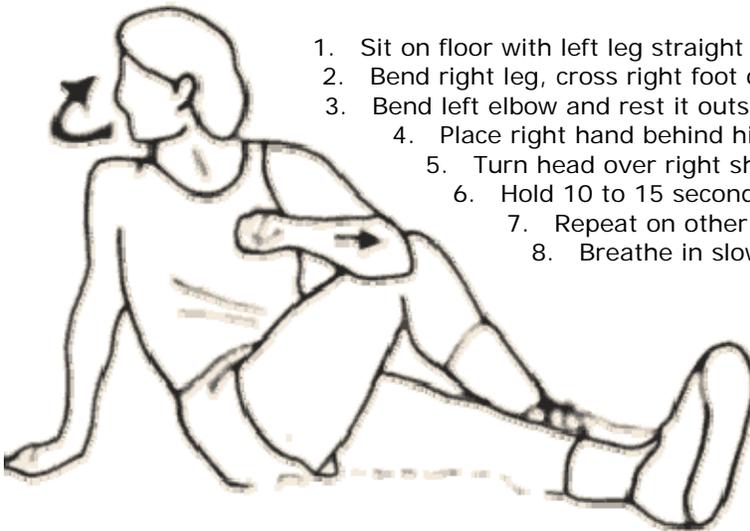
Begin in a forward lunge position and drop your back knee to the floor.

Raise your arms and hands up over your head and look up.

Press your hips forward and down toward the floor and feel a stretch through your torso, hip, groin and thigh.

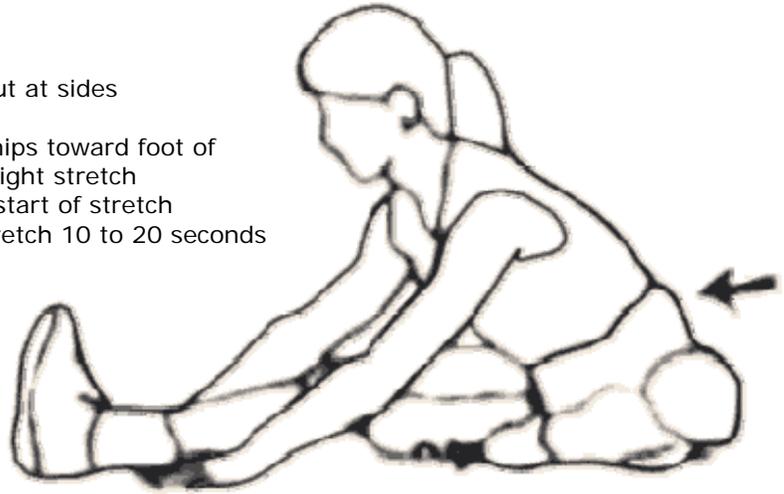


5. Lower back



1. Sit on floor with left leg straight out in front
2. Bend right leg, cross right foot over, place outside left knee
3. Bend left elbow and rest it outside right knee
4. Place right hand behind hips on floor
5. Turn head over right shoulder, rotate upper body right
6. Hold 10 to 15 seconds
7. Repeat on other side
8. Breathe in slowly

1. Sit on floor, legs straight out at sides
2. Bend left leg in at knee
3. Slowly bend forward from hips toward foot of straight leg until you feel slight stretch
4. Do not dip head forward at start of stretch
5. Hold this developmental stretch 10 to 20 seconds
6. Repeat on other side
7. Foot of straight leg upright, ankles and toes relaxed
8. Use a towel if you cannot easily reach your feet



6. Hips



1. Get onto those hand and knees.
2. Slowly walk your knees further apart.
3. Go as far as you can, supporting yourself with your hands.
4. Hold it for 20 seconds or more.