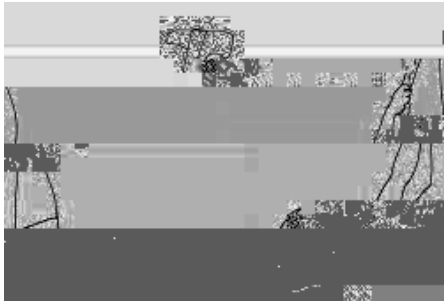


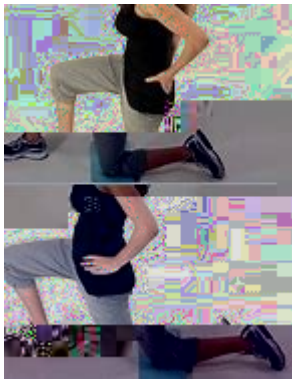


## Lower Body



While lying down on your back, hook a towel, belt or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg. Keep both legs in a straight position.

Hold for at least 30 seconds; repeat 3-5 times



Enter a kneeling position and start with one knee on the ground. Then, squeeze your glute muscles, putting the pelvis into a neutral position until you feel a stretch

