

Glutes

Figure Four Stretches

Supine from the ground: lie down on your back in the figure four position so that your right foot is on your left knee. Interlock your fingers on your left knee and pull in toward your chest to stretch your right glute. Hold for 30-60 seconds, then switch sides. Repeat three times.



Seated: Sit in a chair. Place the left ankle on the right knee. Gently push the left knee down toward the floor, maintaining equal weight on the right and left sides. Hold for 30-60 seconds, then switch sides. Repeat three times.



Standing: Standing on your right leg, cross your left ankle over your right knee. Your left knee should be pointing out to the side. Sit back into a shallow squat. Hold this stretch for 30-60 seconds and then switch sides. Repeat three times.

