

GLUTEAL STRETCHES



KNEE ACROSS CHEST SEATED GLUTE STRETCH

- Sit on a chair and bend one leg over onto the other.
- Lift up the bent leg and pull with your arms toward your opposite shoulder.
Note: The objective is to bring your knee toward your shoulder NOT to bring your shoulder toward your knee.
- You should feel a stretch in the gluteal of the leg being pulled up.

2-3 sets/side; hold stretch for 20-30 seconds



KNEE ACROSS CHEST GLUTE STRETCH

- Lie straight out on the ground.
- Lift up the opposite leg and pull the knee toward your opposite shoulder.
Note: The objective is to bring your knee toward your shoulder NOT to bring your shoulder toward your knee.
- You should feel a stretch in the gluteal of the leg being pulled up.

2-3 sets/side; hold stretch for 20-30 seconds