

Buttocks Stretch: Legs Together

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 legs up, keeping your knees bent.

Bring your head up towards your knees. and pull your legs down to meet your face.



Slowly lower your legs to the floor, resting your arms to the side.

Return to starting position.
