

Buttocks Stretch: Legs Crossed

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, palms facing up.



Keeping your knees bent, raise your legs and bring them towards your chest.

Cross your ankles and bring your hands up to your feet.



Rolling backwards, grab your left foot with your right hand and right foot with your left hand

Pull your feet down towards your sides

Release your feet and lower your arms out to the sides and return to starting position.