

Buttocks Stretch: Legs Crossed with Rotation

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.



Cross your right leg over your left leg



Rotate your lower body by dropping your knees to the right. Look to the left and try to keep your left shoulder on the floor

Uncross your legs and return to centre.

Repeat on the opposite side.