

Buttocks Stretch: Crossed Leg Extension

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.



Bring your right hand to your right knee

Lift your left leg and point your toes to the ceiling, straightening your leg



Lift your shoulders off the floor, raise your left arm and hold your leg in place.

Pull your left leg towards your head as far as you can.

Bend your left leg and place your foot back on the floor and lower your right leg.

Repeat on the opposite side.