

Figure 4 (Glute) Stretch

- To stretch the **right** glute:
- While laying on the floor, bend the **left** leg keeping the **left foot** on the floor.
- Place the **Right ankle** on the **left knee**, making a figure 4 shape the legs.
- Grab the **right knee** with the **right hand** and grab the **left ankle** with the **left hand**.
- Pull straight back toward you and hold for 10-15 seconds, repeat that 3 times.
- Then pull towards and across your body about 45 degrees, feeling the stretch more on the outside of your glute (butt) muscle. Hold 10-15 seconds, repeat 3 times.
- Then pull towards and laterally (to the right) of your body, feeling the stretch more on the inside of your glute (butt) muscle. Hold 10-15 seconds, repeat 3 times.
- Repeat with the **left** glute.

