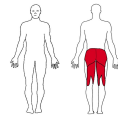
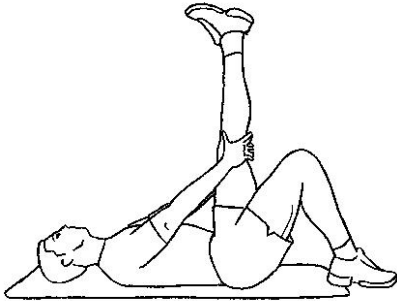
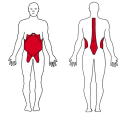
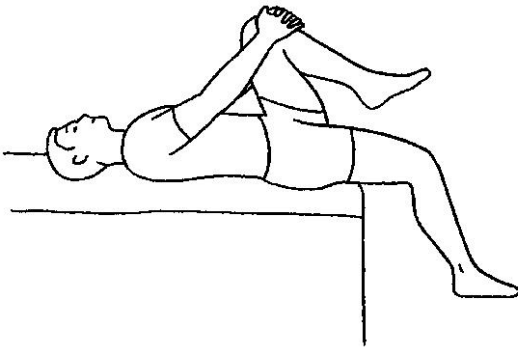


Hold all for 15s x 6



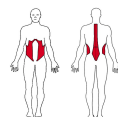
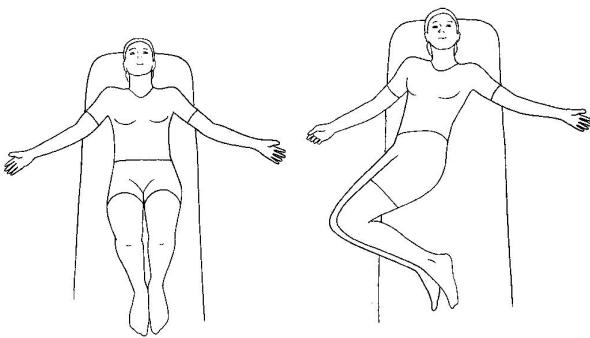
1. Back of thigh and buttocks 2

Lie on your back with one leg straight, pointing up. Grasp around your knee with your hands and pull the leg toward you until you feel a stretch in your buttocks and the back of your thigh. Hold for 30 seconds and change legs.



2. Inner hip muscle stretch 1

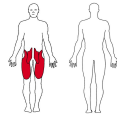
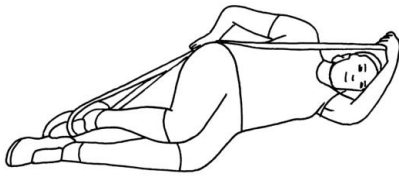
Lie supine with a natural lower back curve. Activate your transversus. Hold one knee with both hands. Press the opposite leg down toward the floor. Stop if you experience any lower back movement or pain. You should feel the stretch on the front part of your hip. Hold for 30 seconds



3. Relaxing Hip Twists

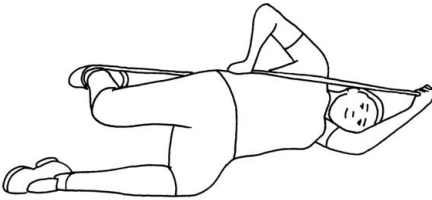
Lie supine with your feet on floor and your hands to the sides, palms facing up. Your legs should feel "heavy" and relaxed. Allow them to almost fall to the sides, and then use your abdominal muscles to pull them back up, while pressing your lower back down against the mat. Notice an upward bouncy effect in your back when letting your legs fall to the sides.





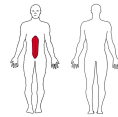
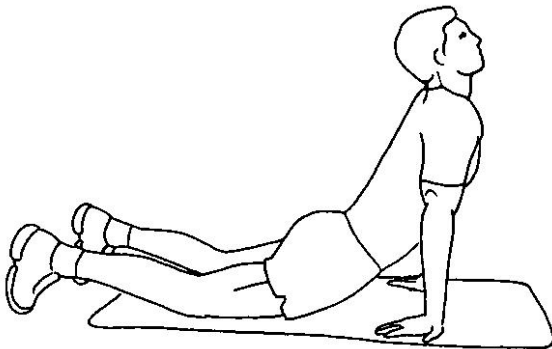
4. Quadriceps stretch w/rope

Lateral position. Place a rope or something similar around the foot on the leg you want to stretch, keep the rope behind you with your hands. Pull the rope with both hands to move your heel towards the buttocks. Keep your hip joint straight. Feel it tighten at the front of your thigh. Hold the position.



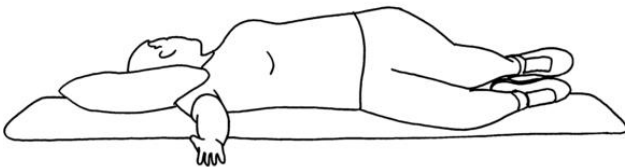
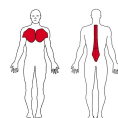
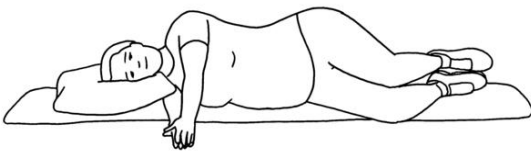
5. Abdomen

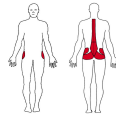
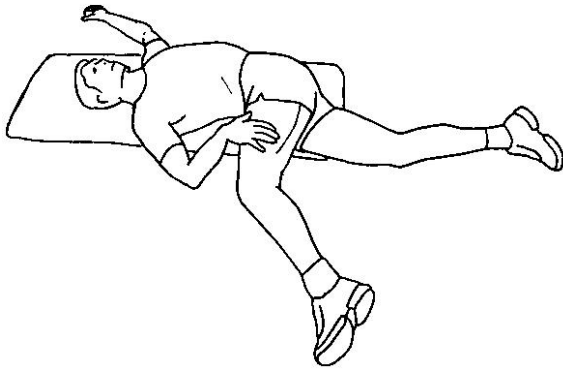
Lie face down and raise your upper body off the floor. Let your hips hang against the floor so that you feel your abdominal muscles stretching. Hold for 30 seconds.



6. Side-Lying Thoracic Rotation

Lie on your side. Keep your legs together, hips and knees slightly bent. Keep your arm extended and rotate your upper body to the other side, as far as you can without losing contact between your thigh and the floor. Follow the movement with your head. Slowly return to the initial position.





7. Outside hip 1

Lie on your back, raise one leg and swing it to the other side of your body. Raise the arm on the same side as the raised leg above your head, until you feel a stretch in the outside of your upper body and your lower back. Hold for 30 seconds then repeat for the other side.

