

1. Piriformis Stretch

Sets: 3 | Hold: 30sec.

Preparation:

- Lie on back with knees bent, feet flat on floor
- Cross one leg overtop
- Lock hands around knee

Execution:

- Pull knee toward opposite shoulder



Side view -
Cross leg over
knee



Front view -
Grab knee with
hands



Pull knee toward
opposite
shoulder

2. Iliopsoas Stretch

Sets: 3 | Hold: 30

Preparation:

- Kneel on the ground, uninvolved leg forwards
- Place your hands on your hips
- Tuck your tailbone under (flattening your lower back)

Execution:

- Lean forwards, while maintaining straight posture and keeping your head up
- Avoid arching your low back or let your hips roll forwards



Lean Forward, Tight Core, Straight
Posture

3. Hamstring Stretch

Sets: 3 | Hold: 30sec.

Preparation:

- Stand with you foot on an elevated surface

Execution:

- With your knee bent to about 90 deg., lean forward and place your forearms on your thigh
- Slowly straighten your knee out until you feel the stretch in your hamstring, NOT BEHIND YOUR KNEE OR DOWN INTO YOUR CALF.



Put one foot up on a
chair or table



Push your knee down to
stretch the back of your
thigh

4. Pigeon

Preparation:

- Kneel on the ground

Execution:

- Stretch one leg back behind you
- Bend the other leg so that this foot is near the opposite pelvic bone

COMPLETE EITHER OF THE GLUTE STRETCHES, NOT NECESSARY TO DO BOTH. CHOOSE THE EASIER OF THE TWO.



Hands on ground for support, feel a stretch in the buttock

5. Gastrocs Stretch (Wall)

Sets: 3 | Hold: 30 sec.

Preparation:

- Stand in front of a wall with one leg forward and one leg back

Execution:

- Keeping your back leg straight and heel on ground, lean forward bending your front knee



Eyes and head forward, hands relaxed on wall, belly button pulled in



Bend elbows to move closer to the wall to stretch the back leg, keep front knee behind toes