

5 Lower Body Floor Stretches[©]

Hold each stretch for 30 -90 seconds. Always ease into the stretch and never bounce or hold your breath.



Butterfly - Inner Thigh Stretch

How To: Sit flat on your hips with your feet pulled in as far they will go. Place the soles of your feet against each other and move your knees toward the floor. Hold onto your ankles and gently use your elbows to push your inner thighs closer to the floor.



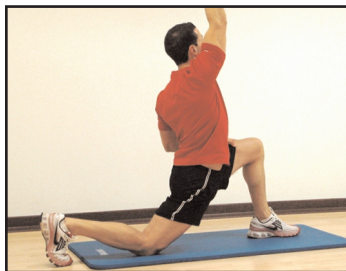
Cross-Legged - Hip/Low Back Stretch

How To: Sit flat on your hips and cross your legs in front of you. Reach for the ceiling and then bend over and fall at the waist to the floor. Keep your hips in contact with the floor while reaching out in front of you with your arms.



1 Leg Over - Glute/Hip Stretch

How To: Sit flat on the floor on your hips and place your legs out straight. Slowly bend one leg up to your chest and place it over your other leg onto the floor. Make sure to keep your knee and ankle in alignment. Wrap both arms tightly around your leg and hold it into your body. Hold for 30-90 seconds and then repeat on the other leg.



Kneeling Lunge - Thigh/Hip Flexor Stretch

How To: Kneel straight up on the ground on both knees. Lunge forward with one leg. Allow the front side of the kneeling leg to stretch. After you feel balanced raise the same arm on the kneeling leg's side up to further enhance the stretch. Face your palm into your head and maintain this stretch for 30-90 seconds. Repeat on the other side.



Lying Hamstring - Hamstring/Calf Stretch

How To: Lie flat on your back. Place a towel or strap around the arch of your foot and slowly raise that leg up straight until you feel tension in the back of your thigh. Keep the bottom leg flat on the ground. Never pull beyond where you feel tension. If the tension starts to ease, you may go deeper into the stretch. Hold for 30-90 seconds and then repeat on the other leg.