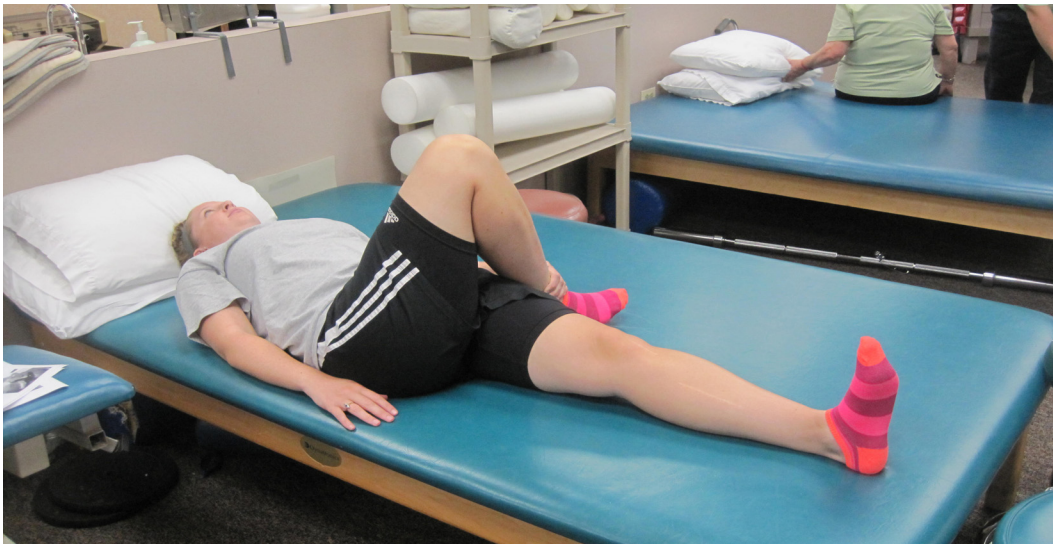


HIP FLEXIBILITY CIRCUIT

**ALL STRETCHES SHOULD BE DONE 3 TIMES FOR A 30 SECOND HOLD
YOUR GOAL IS TO FEEL A STRETCH OR PULL, STRETCHES SHOULD NEVER HURT
QUALITY OF STRETCH IS MORE IMPORTANT THAN QUANTITY OF STRETCH
BE SURE TO STRETCH BOTH LEGS**

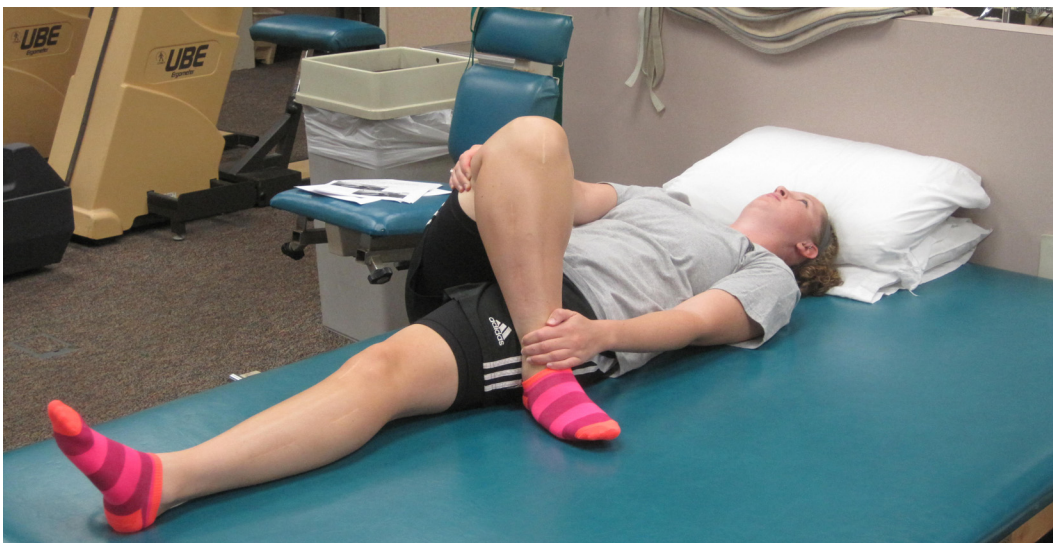
Heel to Hip Crossover:

- Lay on Back
- Cross one leg over the other, keep heel on ground/table
- Pull ankle towards hip



(VARIATION)

Use other hand to pull bent leg towards chest to enhance the stretch



Seated Heel to Hip Crossover:

- One leg straight, cross opposite leg over
- Hug crossed leg, pull heel towards hip



(VARIATION):

- Bend straight leg, hug crossed leg



Piriformis Stretch:

- Bend hip and knee
- Place hands behind bent knee



- Cross straight leg over bent knee
- Keep hands in place and pull leg towards chest

