
1. Gluteus Stretch

Lying straight on the floor with your heels together to begin, cross your leg by placing your left foot over your right thigh as indicated in the picture. With your right hand, grasp your left ankle and with your left hand pull on your left knee towards your chest while remaining flat on the floor. Change over legs and do the same on the other leg. Repeat three sets of 30 second stretches. To be repeated 3 times a day.

