

TTT Stretch of the Month

Review the following guidelines to learn the proper technique for safely completing your stretch.

Complete a 10-30 second static hold of this posterior chain stretch (low back, glutes, hamstrings, calves).

Downward Facing Dog Stretch



How To:

1. Get into a push-up position
2. Shift your weight back towards your legs and raise your hips high up into the air
3. Continue to push up & back with your hips onto your heels
4. Allow your chest to fall through your arms as you push back
5. Continue to breathe
6. Feel the stretch in your back, hips, hamstrings, and calves
7. Hold for 10-30 seconds
9. Slowly ease down and out of the stretch
10. Repeat if desired