

TTT Stretch of the Month

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

Complete a 30 to 60 second static hold of this lying prone quad stretch. Repeat if desired.

Lying Prone Quad Stretch



How To:

1. Lie flat on your stomach
2. Bring both heels up to your glutes
3. Reach back with both arms and grab hold of your ankles
4. Squeeze your glutes together and raise your legs off the floor while pinching your shoulder blades together
5. Continue to breathe
6. Feel the stretch in your quads, hip flexors & abs
7. Hold for 30-60 seconds
9. Slowly ease out of the stretch
10. Repeat if desired