

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 the body weight Hip Flexor Lunge Stretch. Repeat on the other side.



Hip Flexor Stretch

How To:

1. Kneel down on your left knee
2. Lunge forward with your right leg
3. Keep your chest up high and your back upright
4. Squeeze your left glute
5. Raise you left arm straight up beside your head
6. Look straight ahead and maintain balance
7. Feel the stretch in the front of the leg that is kneeling on the ground
8. Hold for 30-60 seconds
9. Slowly ease out of the stretch
10. Switch and repeat on the right side
11. Remember to breathe calmly the whole time