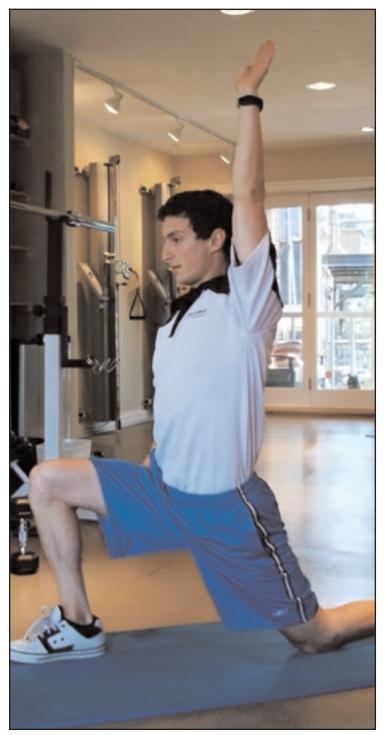
TTT Stretch of the Month

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