

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 Cross Over Pigeon Stretch. Repeat on the other side.

Cross Over Pigeon Stretch



How To:

1. Sit down "cross-legged" with your legs folded in front
2. Slowly take one leg and rotate it behind you
3. Keep your chest up high and your back upright
4. Try to get your back knee as far behind you as you comfortably can
5. Look straight ahead and maintain balance
6. Feel the stretch in the front hip & back quadricep
7. Hold for 30-60 seconds
9. Slowly ease out of the stretch and switch sides
10. Breathe calmly and relax into the pose