

# 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 glute-hip stretch. Repeat on the other side.

## Glute-Hip Stretch



### How To:

1. Lie flat on your back
2. Place your arms at shoulder height at right angles
3. Pick 1 leg up straight above your hips
4. Let that leg fall across your body without your arms or head coming off the floor
5. Continue to breathe
6. Feel the stretch in your hip, mid-back & chest
7. Hold for 30-60 seconds
9. Slowly ease out of the stretch
10. Repeat on the other side