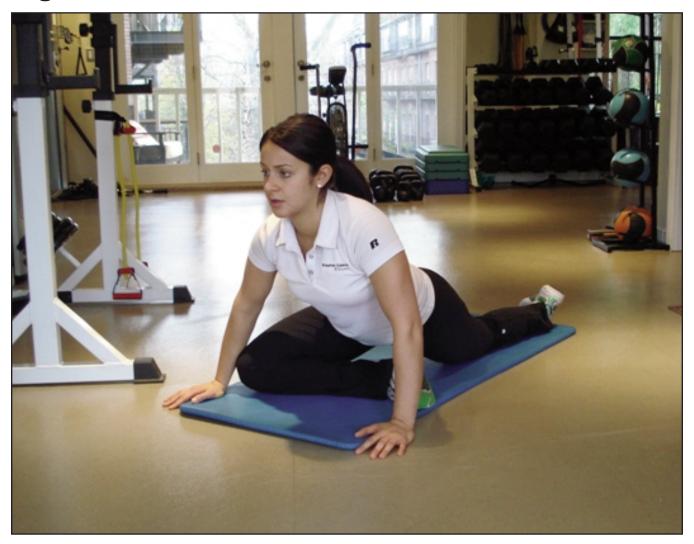
TTT Stretch of the Month

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

Complete a 10-30 second static hold of this Pigeon stretch. Repeat on the other side.

Pigeon Stretch



How To:

- 1. Kneel down on both knees
- 2. Lunge forward with your right leg
- 3. Place both hands on the ground
- 4. Allow your right knee to fall to the side and slide your foot out in front of your left hip
- 5. Sit as deep as you comfortably can into the stretch
- 6. Stretch your back left leg out straight
- 7. Hold for 10-30 seconds
- 9. Slowly ease out of the stretch
- 10. Repeat on the other side