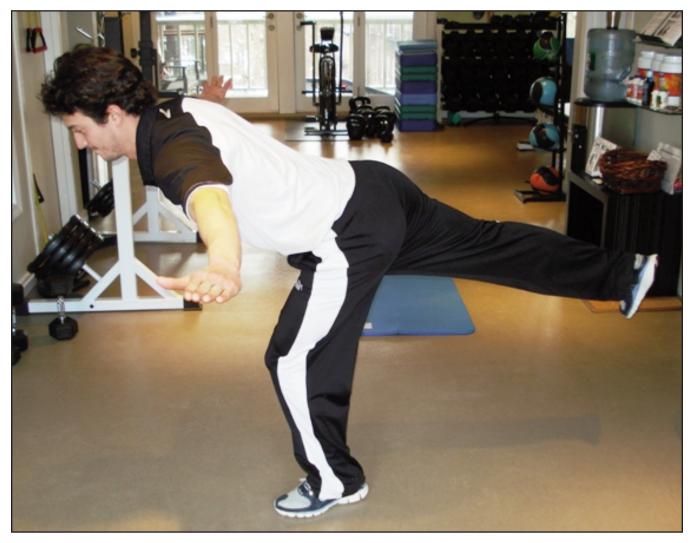
TTT Stretch of the Month

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

Complete a 20-30 second static hold of this Airplane hamstring-glute stretch. Repeat on the other side.

Airplane Hamstring-Glute Stretch



How To:

- 1. Stand on your left leg
- 2. Hold both arms out to your sides at shoulder height
- 3. Sit back into your left hip and lean your hips backwards

4. Tilt your upper torso forward while still sitting back into your hip with your weight on your heel

- 5. Stop when you feel a stretch and tension on the back of your left leg
- 6. Maintain your balance while stretching the entire back of your left leg
- 7. Hold for 20-30 seconds & then ease out of stretch
- 9. Repeat on the other side