

# 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