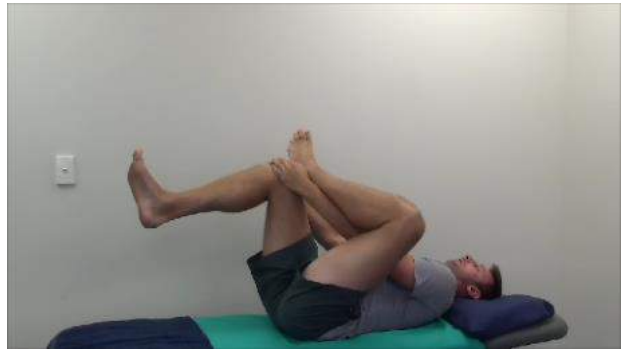


## **Lying Buttock Stretch:**

### **Exercise Purpose:**

To stretch your buttock (gluteal) muscles



### **Key Points:**

- The left buttock is being stretched in the picture
- Lie on your back with your knees bent
- Place the outside of your left ankle on top of your right knee
- Holding this position, bring both legs up towards your chest and hug your right knee with your hands
- You should feel a stretch in your left buttock
- Hold this stretch for the desired length of time
- Breathe gently from your stomach and relax your shoulders

\*For some people it will be difficult to hug your right knee with your hands. You could try placing your hands behind your right thigh instead, or you could try placing your right foot up on a wall and relaxing your hands down by your sides