

Glute

Glute Stretch



Sitting on a chair, cross your right leg over your left. Bring your right heel as close to your pocket as possible, keeping your heel at chair level. Then, pull your knee back towards your shoulder until you feel a deep stretch in your glute (keep your shoulder still - don't bring your shoulder down to your knee).

Hold this position for 30 seconds – 2 minutes and repeat on the other leg.

Complete stretch 2-3x per day, with 3 reps on each side for maximum benefit.

