




- Lie face down, flex one knee, and raise your heel toward your buttocks.
- Exhale, grasp your raised ankle, and pull your heel toward your buttocks without overcompressing the knee.


**NOTE** To maximize the stretch, make sure the medial sides of your legs touch each other and your pelvis rotates backward (visualize pulling your tailbone between your legs).

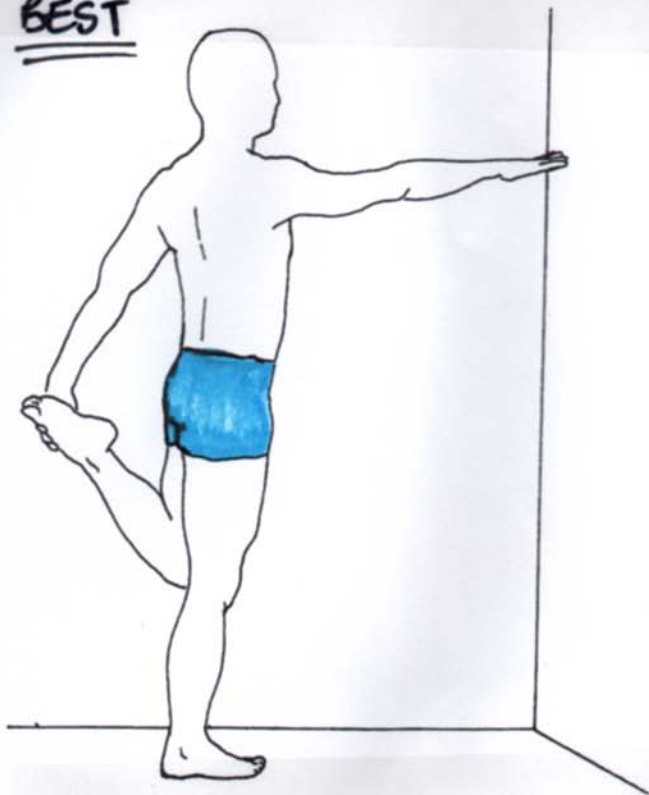
 Do not arch your lower back or twist your pelvis.



- Lie on your side, flex one knee, and raise your heel toward your buttocks.
- Exhale, grasp your raised ankle, and pull your heel toward your buttocks without overcompressing the knee.

**NOTE** To maximize the stretch, make sure the medial sides of your legs touch each other and your pelvis rotates backward (visualize pulling your tailbone between your legs).

 Do not arch your lower back or twist your pelvis.

BEST

- Stand holding onto something for balance. Flex one knee and raise your heel to your buttocks.
- Slightly flex your supporting leg, exhale, and grasp your raised foot with one hand.
- Inhale and slowly pull your heel toward your buttocks without overcompressing the knee.

NOTE

To maximize the stretch, make sure the medial sides of your legs touch each other and your pelvis rotates backward (visualize pulling your tailbone between your legs).



Do not arch your lower back or twist your pelvis.



- Kneel with your knees together, buttocks on the floor, heels by the sides of your thighs, and toes pointing backward.
- Exhale and lean backward without letting your feet flare out to the sides.



Do not arch your back. Instead, contract your gluteals and rotate your pelvis backward. Do not allow your knees to rise off the floor or spread apart.