

Areas Stretched: quadriceps

Description

- 1. Clasp your foot behind your body with opposite hand
- 2. Pull your foot upwards, and push the knee backward
- 3. Contract your abdominals to stabilize the pelvis (do not arch your back).
- 4. Press the front hip bone forward and slightly extend the hip
- 5. Hold the stretch
- 6. Repeat for each leg