



## Couch Stretch

Get on knees facing away from a wall. Lean forward and put one knee against wall, on a pillow for padding if needed. Lean on hands and get opposite foot up into lunge position as shown in picture. Squeeze the glut and push hips forward.

Repeat 2 Times  
Hold 25 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day



## HALF KNEEL HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.

Repeat 1 Time  
Hold 20 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day



## BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together.

Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.

Repeat 1 Time  
Hold 20 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day



### KNEE FALL OUT STRETCH

While lying on your back with one knee bent, slowly lower your knee to the side as you stretch the inner thigh/hip area.

Repeat 1 Time  
Hold 25 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day



### KNEELING HIP ADDUCTOR STRECH

Kneel down on your target side knee. Place the opposite leg directly out to the side. Next, lean towards the side as you bend the "up" knee for a stretch to the inner thigh of the target leg.

Repeat 1 Time  
Hold 20 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Day