



Pretzel glute stretch:

LIE ON YOUR BACK AND BEND ONE KNEE. STRAIGHTEN THE OPPOSITE LEG AND RAISE IT TOWARDS THE SKY. PUT THE FOOT OF THE BENT LEG ON THE KNEE OF THE STRAIGHT LEG. PULL THE STRAIGHT LEG TOWARD YOUR CHEST. **HOLD FOR 30 SECONDS AND SWITCH SIDES.**



Standing calf stretch:

PLACE YOUR HANDS AGAINST A WALL AND STAND WITH YOUR LEGS STAGGERED IN A LUNGE POSITION. KEEP THE HEEL OF THE LEG THAT IS EXTENDED FURTHEST AWAY FLAT ON THE FLOOR. PRESS WEIGHT BACK SO AS TO REALLY STRETCH THE CALF. **HOLD FOR 30 SECONDS AND SWITCH SIDES.**

