

STEP 1

STEP 2



Supine Gluteus Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin lying on your back with one leg bent.

Movement

- Gently pull your bent knee toward the floor on the other side of your body, until you feel a stretch in your buttock and hold.

Tip

- Try to keep your shoulders flat against the floor and your back relaxed during the stretch.

STEP 1

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STEP 3



Seated Gluteal Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin sitting upright with your legs straight forward.

Movement

- Bring one knee toward your chest, placing your foot on the outside of your opposite leg. Hug your knee with your opposite arm as you slowly rotate your torso until you feel a gentle stretch in your hip. Hold this position.

Tip

- Make sure to keep your hips seated on the ground and your back straight during the stretch.

STEP 1

STEP 2



Butterfly Groin Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin by sitting upright with your knees bent and soles of your feet together.

Movement

- Using your arms, gently pull your heels toward your body until you feel a stretch in your groin and hold this position.

Tip

- Make sure not to let your low back slouch.

STEP 1

STEP 2



Supine Butterfly Groin Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin lying on your back with your knees bent and feet resting on the floor.

Movement

- Place the soles of your feet together and let your knees drop toward the floor until you feel a stretch in your inner thighs and hold.

Tip

- Make sure to keep your low back flat on the ground during the stretch.

STEP 1

STEP 2



Supine Butterfly Groin Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin lying on your back with your knees bent.

Movement

- Slowly lower your knees out to your sides until you feel a stretch in your inner thighs and hold.

Tip

- Make sure to keep the rest of your body relaxed and avoid arching your low back during the stretch.

STEP 1

STEP 2



Adductor Stretch on Chair

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position to the side of a chair or step, with the inside of one foot resting on the chair.

Movement

- Shift your weight over to your other side, bending your leg until you feel a stretch on your straight thigh and hold.

Tip

- Make sure to keep your back straight during the stretch and maintain your balance.

STEP 1

STEP 2



Side Lunge Adductor Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a wide stance position.

Movement

- Shift your weight over to one side, bending your leg until you feel a stretch on the inside of your opposite thigh. Hold, then return to the starting position and repeat on the opposite side.

Tip

- Make sure to keep your back straight and maintain your balance during the stretch.

STEP 1

STEP 2



Kneeling Adductor Stretch with Hip External Rotation

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin on all fours.

Movement

- Reach one leg straight out your side. Rotate your leg so that your toes point upward, then rotate your leg inward, lifting your heel off the ground, keeping your toes on the floor. Repeat these motions.

Tip

- Make sure to only move through a pain-free range of motion and perform these movements slowly.

STEP 1

STEP 2



V Sit Hip Adductor Hamstring Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin sitting on the floor with your legs out in a V shape.

Movement

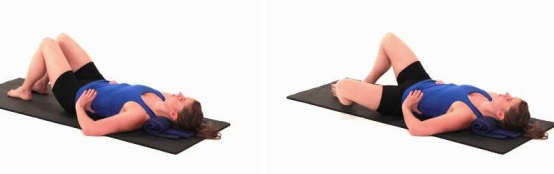
- Lean forward, hinging at your hips, until you feel a stretch in the back and inside of your legs. Hold this position.

Tip

- Make sure to keep your back straight during the stretch.

STEP 1

STEP 2



Supine Hip Adductor Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin lying on your back with your knees bent and feet flat on the floor.

Movement

- Let one knee fall out to the side until you feel a stretch on the inside of your leg. Hold this position.

Tip

- Make sure to keep your low back flat against the ground and do not let your trunk rotate during the exercise.