

THE CORE FOUR LOWER BODY STRETCHES

1. Hip Flexors

Place ball against wall get into a lunge position with hips pressed into ball. Keep torso lifted up as you exhale and press hips forward to increase the stretch. Repeat until you feel loose in the hip flexors of back leg



2. Glutes and Deep Rotators

Place both feet against a wall or post and lift hips up. Cross one leg over the other above the knee and let hips drop back down toward floor. Push knee away & play with angles. Now, pull knee into chest and play with angles. Repeat until you feel loose in the glute & hip area



3. QL

Lean a big ball against a wall and place the side of your body against the ball. Slide bottom leg away as you press side into ball and lift your torso up. Play with angles until you feel loose all the way down the side of your body



4. Lats

Bend over to side & grab a pole or doorjamb. Exhale as you pull your hips away and turn your torso up towards the ceiling. Play with angles until you feel loose on the side of your body

