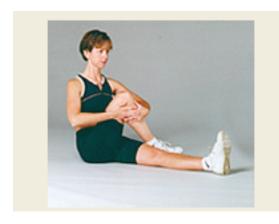
Seated Figure 4 Stretch



-Sit on the floor with one leg out in front of you.

-Bring the other leg across the straight leg.

-Gently bring your knee toward your chest until you feel a stretch in your buttock.

-Hold for 5-10 seconds, repeat 2-3 times on each leg.