

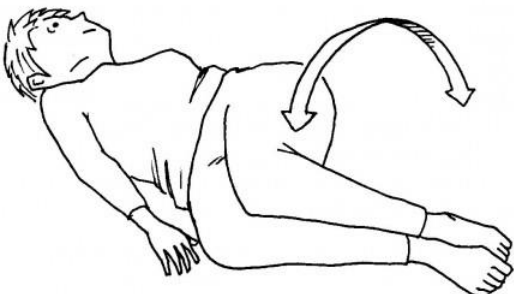
1. Lay flat on floor. Bring leg across body until you feel tension on lower back/glute. Hold for 15-20 seconds. Repeat on other side.



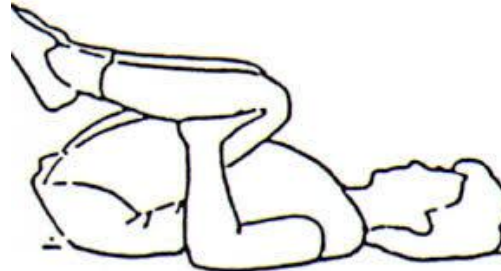
2. Sit on the floor with both legs straight. Bend left leg, and cross it over right leg. Rotate torso to the left. Hold for 15-20 seconds. Repeat on other side.



3. Lay down on the floor with both legs bent and feet flat on the floor. Drop knees to the right and relax. Hold stretch for 15-20 seconds. Repeat on other side.



4. Lay down on the floor with both legs bent and feet flat on the floor. Bring knees into chest and relax. Can be performed one leg at a time too. Hold stretch for 15-20 seconds.



5. Kneel down on the ground on hands and knees. Sit butt back into heels, keeping arms stretched out in front. Hold stretch for 15-20 seconds.



6. Grab a chair/bar/countertop/etc. and bend down so that back is nice and straight. Sit back into the stretch and hold for 15-20 seconds.

