

Single Leg Stretch



Set up

1. Begin lying on your back with knees bent. Scoop your belly.
2. Draw both knees toward your chest. Place your hands on outside of knees and keep elbows wide.
3. Bring your head and shoulders off the mat, lifting from your core. Keep your neck long and relaxed.

Action

1. Draw one knee in toward your chest with inside hand on knee and outside hand on ankle.
2. Extend your opposite leg out in front of you at an angle in which you can maintain a flat/neutral back. Keep your gaze on your navel.
3. Switch legs, again placing inside hand on knee and outside hand on ankle. Extend opposite leg long, reaching out of your hip.

Key points

1. Keep belly scooped at all times.
2. Press shoulders away from ears.
3. Do not hold your breath during any phase of the exercise.

Visualization

Imagine you are anchored to the floor from your rib cage to your pelvis and that the extended leg is being pulled toward the opposite side of the room.