

Glute Stretch

Make sure the shin is in a straight line in front of you and gently push the knee to the floor with your elbow



Hold flexed foot and lean into the stretch. Pull yourself towards your big toe and breathe.



Increase the stretch by lengthening the other leg behind you.



Get access to this routine and more at
purestretchhome visit www.purestretch.co.uk

purestretch accepts no responsibility for any injuries
that may occur whilst undertaking these exercises.

Happy Stretching!