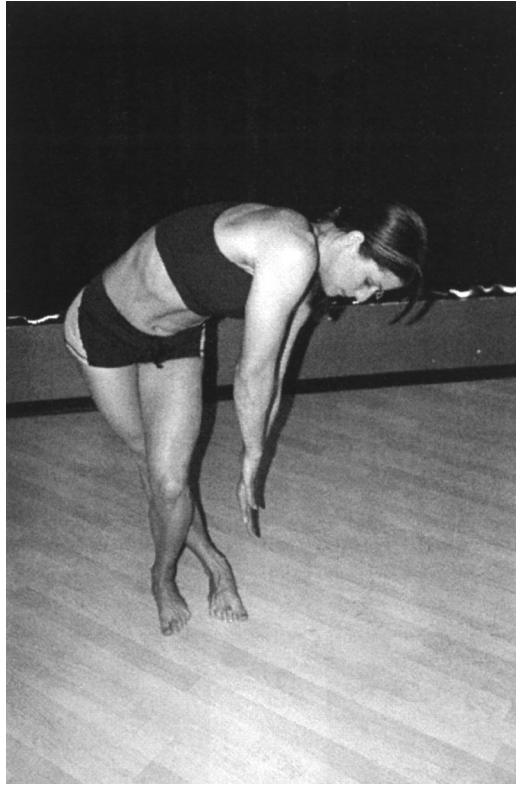


IT Band Stretch (IT Band, Tensor fasciae latae)

Stand on right leg and cross left leg over right but keep all the weight on your right leg. Push right hip away from right foot as you laterally flex to the left and bend down trying to touch the outside of your right ankle in order to stretch the right IT band and tensor fasciae latae muscle. Hold this position for at least 30 seconds. Repeat for the opposite side.



Groin Stretch (Adductors, Psoas, Quads)

Get on hands and knees and spread knees apart as far as possible. Flex your hips and bring your groin toward the floor as you straighten your legs and arch your back by straightening your arms as shown. Hold this position for at least 30 seconds.

