

Forward Lunge Stretch

Muscles Stretched: Hips, groin and thighs (hip flexors).

Description

1. Position yourself with one leg forward and resting on the knee of the back leg
2. Be sure that the front ankle is directly under the knee and that the trailing leg is straight out behind you.
3. You may use your hands on the ground to steady the body
4. Gently lower the hips downward & forwards and hold that position
5. Repeat on the other side.

