






## STRETCHING EXERCISES FOR THE HIPS AND THE BUTTOCKS

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	<p>Lying on your back. Bend one leg and grab it a bit below the knee.</p> <p>Push the knee against your chest.</p>
	<p>Standing up. Bend one knee and lower your body until the knee of the other leg touches the floor. Stretch the foot of the leg that touches the floor so the back of the foot touches the floor too.</p> <p>Push the knee of the stretched out leg towards the floor.</p>
	<p>Lying on your back.</p> <p>Bend a leg and cross it over the other leg. Push the knee of the bended leg against the floor.</p>
	<p>Lying on your back, bend one knee and cross it behind the other.</p> <p>The bended knee now serves to press the other leg against the floor.</p>
	<p>Lying on your back, cross one leg over the other.</p> <p>Bend one leg towards your chest, pushing the foot of the crossed leg towards your face.</p>
	<p>Lying on your back with your legs crossed and your arms pressed against the floor, in a cross.</p> <p>Lower both knees in the same direction towards the floor.</p>



Sitting on the floor. One leg crosses the other one that is stretched out, putting the heel on the floor as close as possible against the hip.



Bend the chest in the direction of the crossing leg, pushing the leg with your elbow.



Lying on your back.  
Bend one leg and grab it by the knee with the hand of the same side and by the ankle with the hand of the opposite side.

Push the ankle towards the opposite shoulder.



Sitting on the floor with your legs stretched out.  
Bend one leg and grab it with the hand of the same side and by the ankle with the hand of the opposite side.

Push the ankle against the opposite shoulder.



Sitting sideways against a wall.  
Put one hand against the wall.

Maintaining your legs stretched, arch your body pushing your hips against the wall.



Lying on one side with both legs stretched out.

Lean on the left over arm against the floor, bringing your arms at shoulders height. Put all your weight on the arm.

Standing up, with one foot crossed before the other.

Bend your chest towards the side of the leg that stands before the other.



Standing up, cross one foot before the other.

Bend your chest as much as possible towards the side of the crossing leg, trying to touch the ankle of the leg that remains behind.