







ISCHIOTIBIAL STRETCHING EXERCISES

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	<p>Sitting on the floor. One leg completely stretched and the other bended. Bend your chest, stretching your hands towards the foot of the stretched out leg.</p> <p>(Maintaining your back straight)</p>
	<p>Lying down on your back. One leg stretched and the other bended with the heel against the floor.</p> <p>Lift up the stretched out leg. Grab it at knee height and push it towards your face.</p>
	<p>Lying on your back. One leg stretched and the other bended. Throw a towel around the foot of the stretched out leg and lift the leg in the air.</p> <p>Pull at the towel drawing the leg towards your face.</p>
	<p>Sitting on the floor. Both legs stretched. Bend your chest forwards, trying to touch your feet with your hands. Maintain both legs completely stretched.</p>
	<p>Sitting on the floor, with your legs opened wide and stretched out.</p> <p>Push your chest forwards without bending your back. Try to touch the floor with your chest.</p>
	<p>Standing up with your body leaning against a wall. Put your hands behind your head.</p> <p>Push your chest towards the floor keeping your back straight.</p>
	<p>Standing up with your feet put together and your legs straightened. Push your chest forwards and touch your toes with</p>



your hands, maintaining your legs straightened.

Bend both knees and bend your chest even more.