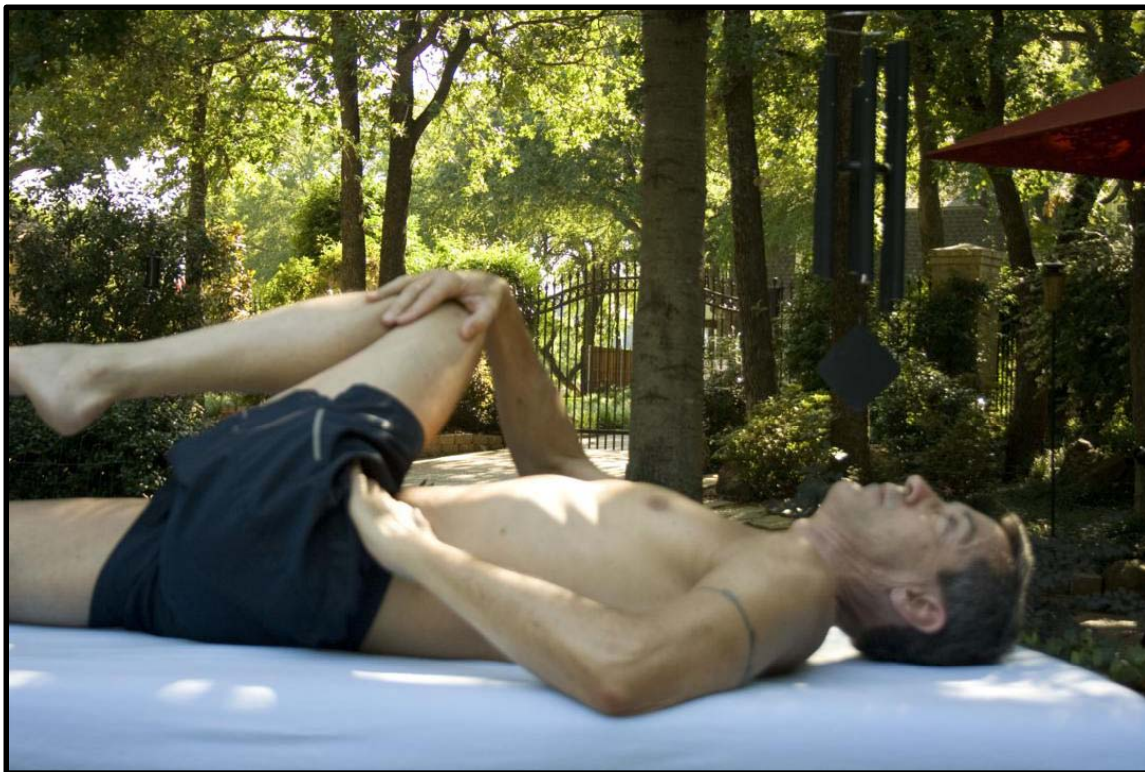


## Hip Stretch



### Gluteus Maximus Stretch

- Step 1: Lie face up with hip and knee bent at 90°
- Step 2: Turn thigh inward
- Step 3: Place one hand outside of leg to stabilize hip
- Step 4: Bring knee towards the opposite shoulder
- Step 5: M.E.T. Gently push knee into hand, hold 3 sec
- Step 6: Relax, return to stretch
- Step 7: Repeat 3 times