SINGLE KNEE-TO-CHEST STRETCH

DIFFICULTY: EASY - ALL FITNESS LEVELS
TYPE: STRETCH
GOAL: FLEXIBILITY

PROCEDURE
1. Lie on your back; relax your spine and pelvic floor muscles.
2. Take a few deep breaths, then raise your leg up towards your head. Hold your thigh under your knee while pulling in to your chest for a gentle stretch.
3. Hold for 30 seconds.
4. Lower your leg and repeat by alternating sides.
5. Repeat 3 times.
6. Complete 1 set once a day.