



Specializing in one-on-one and group personal fitness training in the comfort of your own home, office or gym.

Thigh stretch

Description: Stretches the upper thigh muscles.

Before: While holding onto a stable object, slowly pull your right heel towards you right buttocks.

After: As you approach a moderate stretch in the right thigh tighten your abdominal muscles and keep your right kneecap pointing at the floor to intensify the stretch if needed.

Before



After

