

**Figure Four**

**Description:** Stretches the hips and buttocks.

**Before:** Lay on the floor with both knees bent and feet flat on the floor. Now cross your right leg over your left so that the outside of your right ankle bone is just below your left knee cap.

**After:** Grasp just below the back of the left knee interlocking your fingers. Slowly pull your left knee towards your chest. Repeat on the other side.



**Before**



**After**