



Figure Four Alternate

Description: Stretches the hips and buttocks.

Before: Lay on the floor with both knees bent and feet flat on the floor with your buttocks approximately 1 foot from a wall. Place your left foot on the wall in front of you. 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: Slowly lower your buttocks towards the floor causing your left knee to move towards your chest. Stop the descent of your buttocks when you feel an appropriate stretch in your right hips and buttocks. If the stretch is too intense move slightly further away from the wall and try again. If the stretch is not intense enough move slightly closer to the wall and repeat the above sequence.



Before



After

Elite Health & Fitness Training, Inc. ★ Phone: (856) 216-0044 ★ Fax: (856) 216-9544
3 Rhode Island Avenue, Cherry Hill NJ 08002 ★ Email: CustomerService@EliteFit.com