



Standing Piriformis Stretch

- *Bodyweight
- *Static Stretches
- *Corrective
- *Stretches
- *Glutes
- *Unilateral

Instructions:

- When you are doing this stretch, rest your leg just above the knee, not on the knee itself.
- Sit back and try to open up your hip. Make sure you have something to hold on to for balance.
- Hold this position for 30 seconds. Repeat on the other side.



Static Oblique & Lat Stretch

- *Bodyweight
- *Mobility
- *Stretches
- *Corrective
- *Obliques
- *Unilateral
- *Lats
- *Static Stretches

Instructions

- Reach with your arms and torso upward.
- Side bend from foot to hand laterally, without twisting.
- Hold without bouncing for 30 seconds. Repeat on the other side.



Static Lateral Neck Stretch

- *Bodyweight
- *Neck
- *Unilateral
- *Corrective
- *Static Stretches
- *Mobility
- *Stretches

Instructions

- Allow your head to tip sideways towards your shoulder. Do not let it turn.
- Lightly rest your hand from the side of your body you tilted your head towards on your head.
- Hold for 15 seconds. Repeat on the other side.