

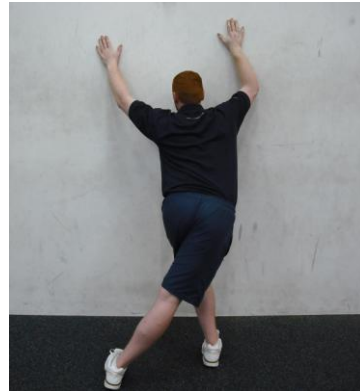
---

## IT Band

Standing tall, place your right leg behind the left, bend at the waist placing your hands out in-front against a wall or desk for support. Bend the left knee, slide the right leg out away from the body (to the side). Keep the right leg straight as you push it behind you. The stretch should be felt down the outside of the right leg.

### Alternative

Same position as above, but instead of sliding the foot out, push the right hip/glute out to the right, bending over at the hips.



## Table Top Stretch

Lying down on the floor, bring your feet up towards your glutes, feet flat on the floor. Place your hand flat on the floor, just below your shoulders (fingers facing your feet). Now push the hips up into the air and extend the arms. Push the hips up as high as possible. Target is to have alignment of the knees, hips and shoulders. Lower the hips and flex the arms and return to the start position.

