

All Four Left AF IR with Right Glute Max



1. Place a 1-2 inch block under your left knee.
2. Position yourself on your hands and knees with your back rounded and your right side against a wall.
3. Keeping your back rounded, shift your weight over to your left by turning your right knee into the wall. You should feel a stretch across the outside of your left hip and the muscles on your right outside hip working.
4. While remaining shifted to the left, begin to straighten your right leg by reaching down while also keeping your right leg touching the wall.
5. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
6. Relax and repeat 4 more times.