

BodyRelax

- giv din krop en chance...

Gluteus



1. Lay flat on back with knee and hip slightly flexed.
2. Bend one knee, grasp the knee with both hands just behind knee.
3. Pull the bent knee toward chest until a moderate stretch is felt. Hold for approximately 10 seconds.
4. Apply pressure by trying to move knee away from the chest, the hands preventing any movement.
5. Apply pressure for a slow count of 10.
6. Relax and pull the knee closer to the chest.
7. Repeat application of pressure and relaxation.
8. Repeat for the other leg

Other pictures of the same exercise

