

TTT Stretch of the Month

Review the following guidelines to learn the proper technique for safely completing your stretch.

Complete a 10-30 second static hold of this Pigeon stretch. Repeat on the other side.

Pigeon Stretch



How To:

1. Kneel down on both knees
2. Lunge forward with your right leg
3. Place both hands on the ground
4. Allow your right knee to fall to the side and slide your foot out in front of your left hip
5. Sit as deep as you comfortably can into the stretch
6. Stretch your back left leg out straight
7. Hold for 10-30 seconds
9. Slowly ease out of the stretch
10. Repeat on the other side