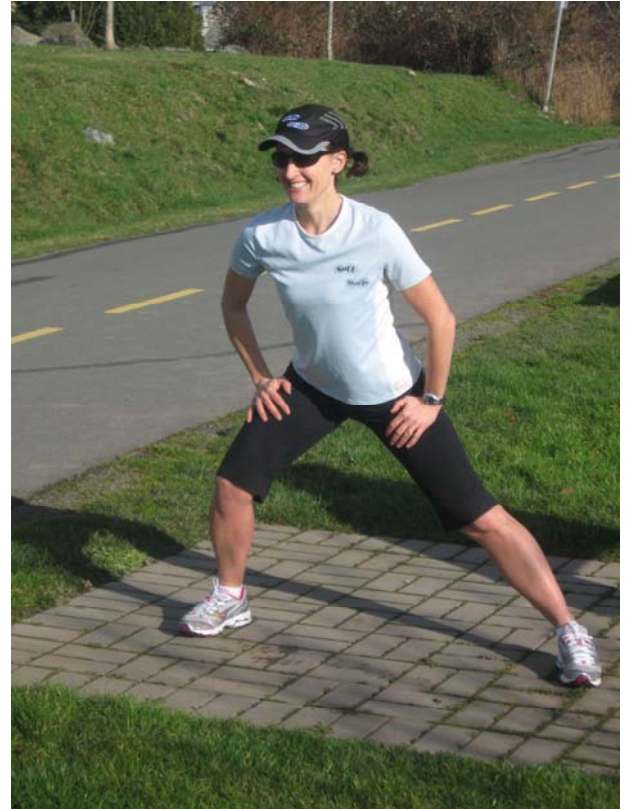


Lower Body

Inner Thigh

Keep your legs wider than your shoulders, slowly stretch one side at a time.

Make sure you do not over stretch passing the knee joint at a degree less than 90. Keep both feet facing the same direction.



Side Stretch

Crossing one leg over the other with the same side arm stretching upwards will give you a great side stretch extending right down through to the lateral side (outside) of the crossed leg. Hold on for support. To increase the stretch you can lean towards your support gently.