

# SITTING GLUTES STRETCH

HIPS62



Stretching of  
Glutes  
Hip joint  
Ligaments  
Abductors

## AREAS AFFECTED

**The glutes  
The hip joint  
Ligaments  
Abductors**

## ADVICE

**Whilst sitting on a chair, bend one knee and place that foot over the other knee. Gently pull the knee towards the opposite side (of the leg being crossed). Hold and repeat.**