Title: Foam Roller Glutes / Butt Stretch

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on top of a foam roller. Place your left foot on top of your right knee and hold it in place with your right hand. Support yourself by placing your left hand behind you. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by slowly rolling yourself forward 2 to 3 inches. You’ll feel the stretch in your glutes.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Reverse the movement and continue the back and forth motion. When finished, repeat on the other side.</span></li>

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