Title: Foam Roller Outer Thighs Stretch

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Quadriceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place a foam roller on the ground and lay on top of it sideways at hip level. Begin with your right side. Make sure that the foam roller is supporting your hips. Brace your upper body with your elbow while you keep your lower body balanced with your feet.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin with the lower part of the hip (bottom of the buttocks). Roll your body down 2 to 3 inches. Pause to feel the pressure on the TFL band.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly reverse the movement. Repeat on the other side.</span></li>

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