Title: Butterfly Stretch

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Lower Back

Summary: <ol>

<li class="p1">While sitting on the floor with a straight back and tight core, bring each foot inward. Feet should be touching and your legs should make a diamond shape.</li>

<li class="p1">Grab your feet with your hands. Place your elbows on the inside of your knees. Slowly lean forward from the hips. Once you feel the stretch in your hip flexors, hold for 15 to 30 seconds. Slowly rise and repeat.</li>

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