Title: Gluteus / Glute / Gluteal Stretch

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Shoulders

Summary: <ul>

<li>Lie on your back on a mat or soft surface.</li>

<li>Bend your left knee then cross your right leg over so that your right shin is resting on your left knee.</li>

<li>Place your right hand through your legs and your left hand on the outside of your legs. Grab your left shin with both hands.</li>

<li>Remain on the ground and gently pull your left shin towards yourself.</li>

<li>Return to the starting position and repeat on the other side.</li>

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