Title: Piriformis Stretch

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lie on your back on a padded surface. Begin with your legs straight in front of you. Bend the left leg up and place the left foot on the ground near your butt. Bend the right leg up and rest the right ankle across the left knee.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Reach your hands around your left shin or left thigh and pull it towards your chest. Your right hand will go through the hole in between your legs.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pull and hold the left leg, feeling the stretch in the right hip flexor. Slowly, place the left leg back on the floor and switch sides.</span></li>

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