

# Hip Crossover Stretch



## Instructions

1. Lie on your back with both knees bent and feet flat on the floor.
2. Place arms out to the side at shoulder level, palms up.
3. Cross left ankle over your right knee and rotate it towards the floor.
  - a. Your left foot and the outside of your right leg should now be flat on the floor.
4. Look in the opposite direction and relax your shoulders.
5. Press the knee away from your body using the hip muscles.
6. Repeat on opposite side.

Duration/Sets:

Repetitions:

Frequency: