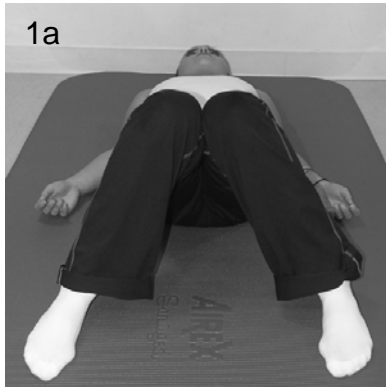


### Crazy Legs

- 1a. Lie on your back with knees bent, feet wider than hip width and knees touching.
- 1b. Slide your right knee down the shin of your left leg to stretch the right hip into internal rotation. Stop when you feel the stretch in the right hip and don't go so far that the back begins to twist.
- 1c. Repeat the stretch on the left side to stretch the left hip.



### Foam Roller Pull/Push/Bend/Twist

2a. Lie on your back with hips and knees bent up to 90°, gripping foam roller between feet, knees, and hands. Engage your core muscles as you exhale and pull your belly in. Pull the foam roller with your hands as you push away with your feet. Hold for 5-10 seconds. Reverse the direction by pushing away your hands and pulling the legs towards you. Always re-engage the core and exhale with each repetition.

2b. In the same position and with the same core engagement, bend the foam roller to one side with your hands and the other side with your feet, like you are trying to bend it in half. Reverse the direction and repeat.

2b. In the same position and with the same core engagement, twist the foam roller clockwise with your hands as you stabilize with your legs. Reverse the direction and repeat.

