

Stretch for Gluteal and Sacro-Iliac areas.

1. Sit up straight on a firm surface
2. Straighten Left Leg
3. Cross Right Leg over left leg with the Right foot flat on the floor next to the Left Knee
4. Gently pull the right leg over to the left until you feel the stretch in the right buttock
5. Hold the stretch for 5 seconds
6. Repeat Ten times

