DOUBLE KNEE-TO-CHEST STRETCH

DIFFICULTY: EASY - ALL FITNESS LEVELS
TYPE: STRETCH
GOAL: FLEXIBILITY

PROCEDURE
1. Lie on your back; relax your spine and pelvic floor muscles.
2. Take a few deep breaths, then raise one leg up towards your head.
3. Now raise your other leg while keeping your first leg up.
4. Hold both knees and gently pull them up towards your chest.
5. Hold for 30 seconds.
6. Repeat 3 times.
7. Complete 1 set once a day.