



- Stand in a wide stance with one foot facing forward and the other facing to the side.
- Bend sideways at the waist while sliding that hand down your foreleg.
- At the same time, reach up with your opposite hand with the palm of your hand facing forward.
- Turn your head and look upward as you slowly slide your hand further down your leg.
- It is very important that you do not let your torso twist but rather bend straight to the side.
- Do not bend so far as to cause pain, only a gentle pull and stretch.
- Hold for 30 seconds or until you feel the muscles have been adequately stretched.

TRIANGLE STRETCH