



*Specializing in one-on-one and group personal fitness training in the comfort of your own home, office or gym.*

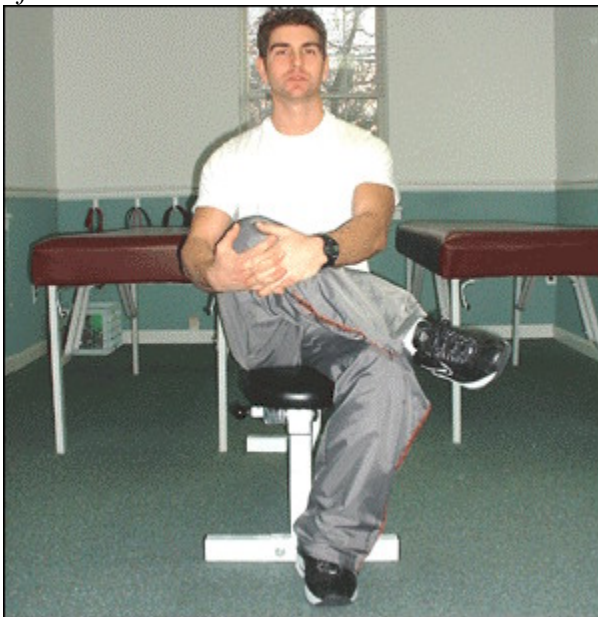
## Piriformis

**Description:** Stretches the outer hip muscles.

**Before:** Sit tall on the edge of a chair and cross your right leg over your left so that the outside of your right ankle bone is just above your left knee cap..

**After:** With your hands interlocked use the heel of your right and to slowly pull the outside of your right knee towards your left shoulder whiled keeping your torso from rotating.

*Before*



*After*

