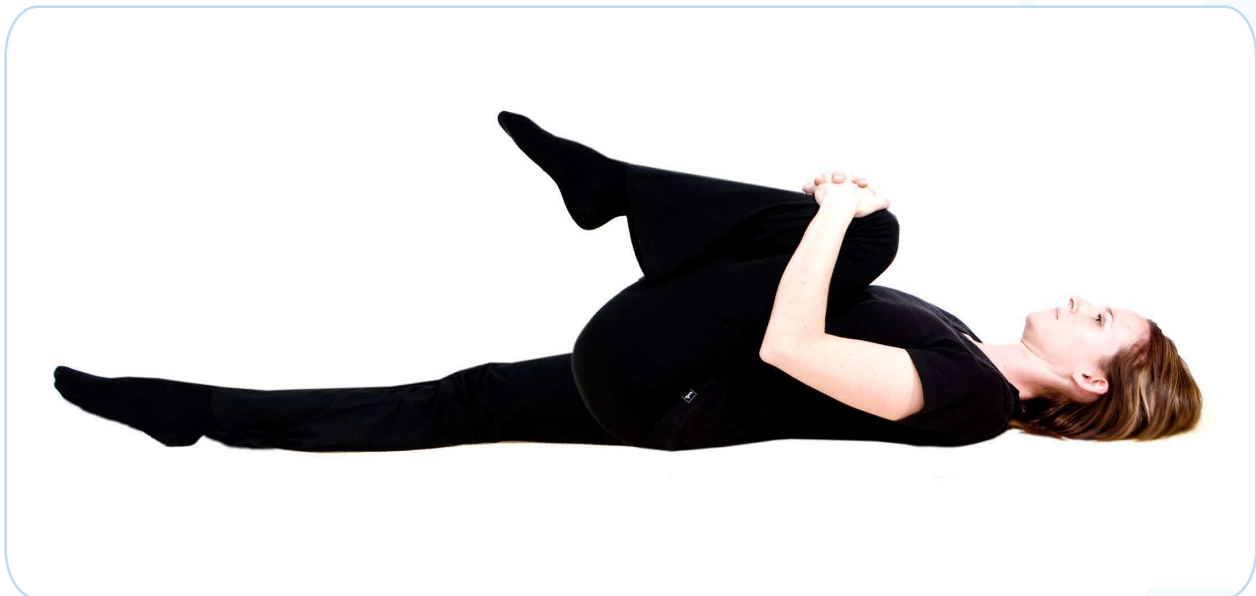


## *Single leg knee grasp*

**INSTRUCTION:** Duration 30 seconds

Laying on your back, pull one knee towards your chest as you straighten the other leg. Be sure not to strain knee, you can grasp your thigh instead of the knee to reduce the difficulty of this stretch.



Hold for 30 seconds.