

Seated Knee to Chest

Target: low back, gluteus maximus

STARTING POSITION: Sit with proper posture in a stable chair and place your feet on the floor.

- 1. Clasp both hands beneath your left leg.
- 2. Bring your left knee toward your chest. Hold this position for a comfortable moment, feeling the stretch in the gluteal region.

Release the knee, switch sides and repeat.





