

Crossover

Lie on your back, arms out at sides – palms down. Bend one knee, take the other leg and cross it over the bent knee. The leg that is crossed over is going to drive or push the other knee towards the floor slowly. You should begin to feel a stretch all down that exposed side of your body, mostly in the hip. Then, **slowly** raise the arm that is on the exposed side next to your head. Hold for 30 seconds (6 deep breaths). Switch sides and repeat.

Frequency: 3 sets, daily.

Modified Version: If you can't bring your arm towards your head, just pull your elbow back a bit to feel a stretch.

