



THE HOUSE OF  
**NATURAL  
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### **Glute Medius and Minimus.**

Lying on back with knees bent and feet on floor, cross one foot over the opposite knee, keeping your top leg turned out. Gently pull your lower leg toward your chest, until you feel a comfortable stretch in the top thigh.

Hold stretch by using hands to hold the support leg for 20-30 seconds, repeating 2-3 times on each leg.

