

# ILIOTIBIAL BAND

HIP / KNEE - 67

**Stretching:** Iliotibial Band

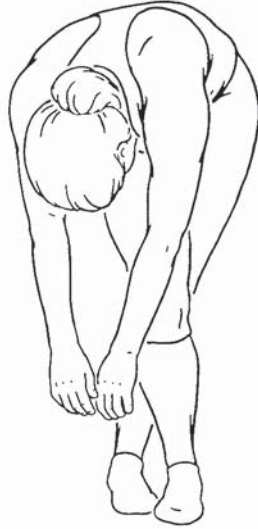
Cross RIGHT / LEFT leg  
behind other leg  
Bend at waist,  
reaching toward floor.

Hold 15 seconds Relax

Repeat 2 times per set

Do 2 sets per session

Do 2 sessions per day



HIP / KNEE - 36

**Stretching:** Tensor

Cross RIGHT / LEFT  
leg over the other,  
then lean to same side  
until stretch is felt  
on other hip.

Hold 15 seconds.

Repeat 2 times per set

Do 2 sets per session

Do 2 sessions per day

