

Preparatory exercises

## Iliopsoas: Stretching

**Starting Position:** erect.

Bend the torso (with bent knees), place the hands on either side of your feet.

Take a long step backwards with the right foot, which can remain either vertical or with plantar flexion.

Keeping the abdomen close to the left thigh, move forward with the left knee.

Have your left foot remain adherent to the ground, and encourage elongation between sacrum and the back of the head.

Repeatedly clench and unclench the right gluteus.

Repeat on the other side.



**Contraindications:** hip and knee pathologies.

**Benefits:** if correctly performed, the exercise will help stretch the iliopsoas muscle.