



Movement Prep 3: Lateral Lunge to cross over IT Band

\*Perform 6x each side with 3 sec hold at end range of each movement

1 (front view)



\*maintain straight back and tight core

1 (side view)



\*hip hinge back so knee does not pass toes

2



\*feet flat on ground and knee outside of toes

3



\*cross leg over for IT Band stretch