

Age Less Move More

Open IT Bands Movement Sheet

IT Band Release



From Lying on your back with your knees bent and your feet to the floor — take your right knee to your chest and place a strap on the ball of your right foot. Inhale bend your knee and exhale extend. Do

this several times until you are ready to hold. Roll your inner leg in, your heel to the sky and your toes down. With each exhalation bring your thigh toward your belly until you reach your edge. Hold and breathe.

Exhale and bring your right foot to the left and your left knee to the right. Don't let your pelvis leave the floor. Hold your edge and breathe. Come out and switch sides.

Take your left knee to your chest and place a strap on the ball of your left foot. Inhale bend your knee and exhale extend. Do this several times until

you are ready to hold. Roll your inner leg in, your heel to the sky and your toes down. With each exhalation bring your thigh toward your belly until you reach your edge. Hold and breathe. strong leg back to center, switch hands and bring your right hand on you

Exhale and bring your left foot to the right and your right knee to the left. Don't let your pelvis leave the floor. Hold your edge and breathe.

This movement will open you to free yourself from the heavy weight of armor you wear in an attempt to protect yourself.