

Age Less Move More

Soften Your IT Bands Movement Sheet



Half-Moon Pose —

Stand with your right hip about 4" from a wall with your feet inner hip-width apart. Press into the outer edges of your heels so you have arches in your feet, soft knees, pat out your butt cheeks, and take your tail down.

Ribs press in and down, roll your inner arms out & squeeze your shoulder blades together.

Fall forward and hang.

Place your right hand on a block that is in front to your right foot. Exhale turn your navel toward the ceiling, allow your left hip, leg and heel to rest into the wall. Turn your heart toward the ceiling and allow your upper back to open and rest into the wall.

Take your left arm up toward the ceiling and rest it into the wall. Turn your head up to look at your left fingers as it rests into the wall. Keep your back leg soft and hanging.

Feel the stretch through the left side of your low back, your left butt cheek and into the left IT band. Hold and breathe.

When ready, step your left foot back to the floor. Hang and breathe. Come up slowly, take your right hip into the wall to switch sides.

When done fall into a forward bend and hang feeling the lightness from releasing your heavy armor.