

## IT Band

The following 4 stretches address the IT Band and the related Hip structures. These stretches go beyond just the IT Band and represent a full series of stretches addressing the Gluteals, Tensor Fascia Latae and Hamstrings to a lesser extent. These are listed in order from left to right and top to bottom.



13 MARICHYASANA III

Inhale to come up. Exhale, place your right foot on the ground. Inhale, rest your right hand behind your hip and raise your left arm. Exhale, twist to the right, and hook your left arm across the right leg. Release, and repeat poses 12 and 13 on second side.



JOHN ROBBINS

