

## Inner Thigh Stretch—Full Squat

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- Holding onto a couch or counter, stand about 6-8 inches away with your feet slightly wider than shoulder width
- Tighten your abdominal muscles as you lower your tailbone toward the floor. Try to relax into the squat, holding the position as long as you can
- This is a stretch, not a repetitive exercise, so relax and breath as you sit in a full squat position
- When ready, use your arms to help you stand, return to a standing position
- After the 2<sup>nd</sup> trimester, you will have very flexible joints. Be careful not to over stretch by looking for a point that is uncomfortable but not painful
- As you near your due date, this is an excellent stretch to prepare for delivery, as well as stretch out joints and muscles that may be uncomfortable
- Hold this position for 30 seconds. If you want more of a stretch, rest for 30 seconds before you stretch again

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### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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