

# Exercise of the Month



## Flexibility Training for Men

**Purpose:** Improve flexibility

**Target Muscles:** hamstring, hip adductors/abductors, IT band, calves, serratus anterior, erector spinae

**Equipment Needed:** Strap or band

**Movement:**

- Hold exercises 1, 2, 3, 5, and 6 for 30 seconds per side.
- Hold exercise 4 for 60 seconds. Repeat 2-3 sets.

**Exercise 1:**  
Lying Down Hamstring Stretch



**Exercise 4:**  
Frog Stretch



**Exercise 3:**  
Pigeon Stretch



**Exercise 5:**  
Downward Dog Calf Stretch



**Exercise 2:**  
Lying Down IT Band Stretch



**Exercise 6:**  
Standing Side Stretch

