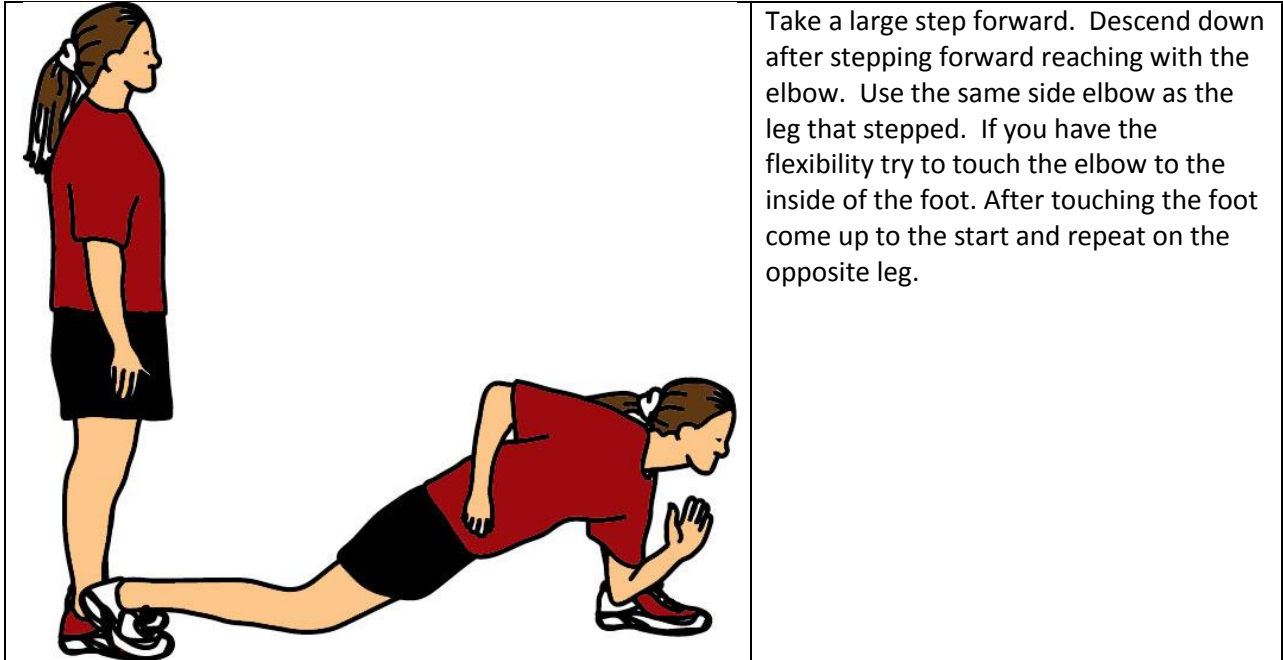


# Elbow Instep

[www.stretchingworld.com](http://www.stretchingworld.com)



Take a large step forward. Descend down after stepping forward reaching with the elbow. Use the same side elbow as the leg that stepped. If you have the flexibility try to touch the elbow to the inside of the foot. After touching the foot come up to the start and repeat on the opposite leg.