

Hamstring Stretch



- Place heel of foot on table or other elevated surface, keeping the knee slightly bent.
- Lean forward at the hips without bending your back to achieve full stretch.
- You should feel a stretch along the back of your upper leg.
- Remember to keep your toe up, back straight and hips square.
- Hold for 20-30 seconds.
- Repeat with opposite leg.
- For a deeper stretch, you may bend the opposite knee, lowering your body.

