

HAMSTRING STRETCHES



SEATED HAMSTRING STRETCH ON FLOOR

- Seated on the floor with one leg straight out in front and toes pointing upward.
- Bend the other knee so the sole of the foot is resting against your straight leg's knee.
- Reach forward with both hands towards straight leg's toe and lean chest forward without bending your knee.
- You should feel a stretch in the back of the thigh of the straight leg.

2-3 sets/side; hold stretch for 20-30 seconds



SEATED HAMSTRING STRETCH ON BENCH

- Sit on a bench or chair with one leg straight while the heel rests on the floor.
- Keep your foot and leg straight.
- Reach with both hands and lean your chest towards your front foot while keeping the knee straight.
- You should feel stretch in the back of the leg.

2-3 sets/side; hold stretch for 20-30 seconds



STANDING HAMSTRING STRETCH

- Standing tall and shoulder width apart, move one leg forward with your heel on the ground.
- Keeping the leg straight and foot forward (toes off the ground), reach with both hands towards your toe.
- Keep your torso and back as straight as possible until you feel a gentle stretch in the back of the leg.
- Push your hips backward to maintain balance, if needed.

2-3 sets/side; hold stretch for 20-30 seconds