

Hamstring

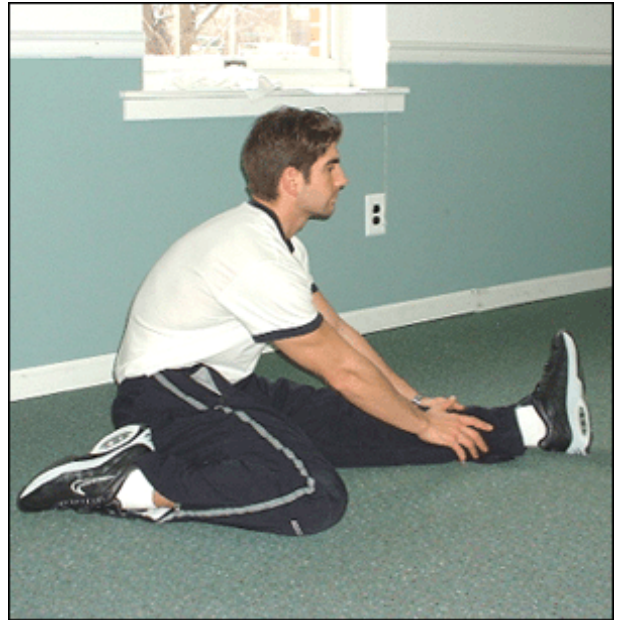
Description: Stretches the hamstrings and upper calf.

Before: Sit tall on the floor with your left leg out straight and your left ankle relaxed. Pull your right leg behind you so that your right foot is directly next to your right hip and your toes are pointing behind you. **Your toes should not point out to your right side!** If you cannot maintain the proper position switch to the "Hamstring Alternative" stretch.

After: Slowly lean your upper body forward through your hip joint (not your lower back). Try to maintain a straight back as you reach forward with your arms. To increase the amount of stretch you feel in your lower hamstring and upper calves slowly flex your ankle towards your shin bone. Keep your left knee straight throughout this stretch.



Before



After