

## Hamstring Alternate

**Description:** Stretches the hamstrings and upper calf.

**Before:** Stand in front of an elevated surface (i.e. a step or box). Place your right heel on the edge of the step with your right ankle relaxed and your knee straight.

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



**Before**



**After**