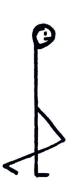
Hamstring

6x with better/ looser leg 6x with other leg To your comfort level

Stand holding something for balance Looser side first Place toes on floor behind you



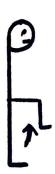
Swing leg forwards
Not high, to comfort level
Push heel out
Do not bend knees



Let it drop back towards floor



Raise knee towards waist in pumping movement



Return your toes to the floor

