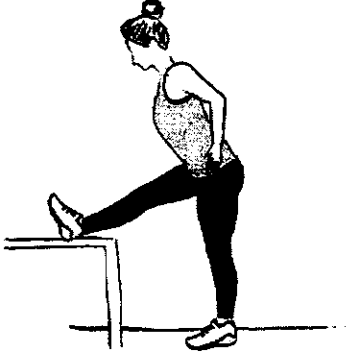


Hamstring Stretching



In a standing position, place your heel on the ground or elevated surface. Keep the foot and knee, of the leg being stretched, in an upward facing direction. Gently lean forward at the hip while keeping the back flat and the hips and shoulders squared.

Hold for 10 seconds then switch legs. Continue alternating legs for a total of 10 minutes.

