

Stretching: Hamstrings

1A) Wall Hamstring Stretch > 1 minute (See Image W1:1A)

1B) Seated Hamstring Stretch > 30 seconds > Each Leg (See Image W1:1B)

(While sitting at the edge of a chair, straighten one leg in front of the body with the heel on the floor. Then, sit up straight and try pushing the navel towards the thigh without leaning the trunk of the body forwards.

Hold this stretch for 30 seconds. Repeat 3 times for each leg.)

2A) Standing One Legged Hamstring Stretch > 30 seconds > Each Leg (See Image W1:2A)

(Stand up straight with one heel resting on a small stack of books or stool. Keep your knee straight. Reach both arms up toward the place where the wall and ceiling meet. If you are outside and there is no wall or ceiling, simply reach up into the air so your arms are about even with your ears. Reaching your arms up, as opposed to reaching down toward your foot, will keep your back straight. Keep your back straight. You should be bending forward slightly from your hips. Reach forward and feel a stretch in your hamstring behind your thigh. Hold the stretch for 30 seconds and repeat three times. Switch legs and repeat with the other leg.)

2B) Towel Hamstring Stretch > 30 seconds > Each Leg (See Image W1:2B)

(Lie on the floor on your back. Loop a long bath towel around your toes and hold the ends of the towel in both hands. Slowly pull on the towel to lift your straight leg up. Be sure to keep your knee straight. The leg without the towel should remain flat on the ground. Bring your leg up until a stretch is felt behind your thigh. You may also feel a stretch behind your lower leg in your calf. This is normal. Hold for 30 seconds, and then relax. Repeat three to five times on each leg.

Remember that the towel hamstring stretch should feel good as you are doing the exercise; if it causes pain, stop immediately.)

3A) Standing Toe Touch Hamstring Stretch > 45 seconds (See Image W1:3A)




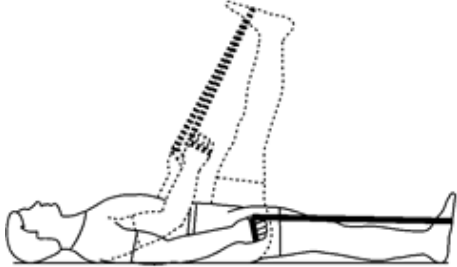


3B) Hurdler Hamstring Stretch > 30 seconds > Each Leg (See Image W1:3B)

(Sit on the floor with one leg out straight. Bend the other leg at the knee and position the sole of that foot against your opposite inner thigh. Extend your arms and reach forward over the one straight leg by bending at the waist as far as possible.

Hold this position for 10 seconds. Relax. Repeat with the other leg.)

3C) Standing Hamstring Stretch > 30 Seconds > Each Leg (See image W1:3C)

(Stand one foot from a wall and place your hands on the wall at shoulder height, shoulder-width apart. Take a step back with one leg while pushing into the wall. Keep your back straight and press your heels into the floor. Hold for 30 seconds. Step forward and repeat with the other leg. Repeat the exercise three times on each side.)

Stretch	Picture	Stretch	Picture
W1:1A		W1:1B	
W1:2A	 <small>WorkoutLabs.com</small>	W1:2B	
W1:3A		W1:3B	
W1:3C	