

# Hamstring Stretch



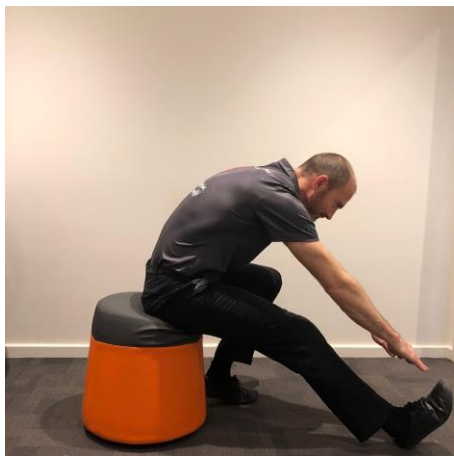
For this hamstring stretch, place your foot onto a stool, a step, or similar.

Be sure to keep your knee bent as this isolates the muscle you are stretching.

Bend forward to reach for your toes, until you feel a deep stretch in your hamstring.

Hold this position for 30 seconds – 3 minutes.

For maximum benefit, complete 3 reps on each leg, 1-3x per day.



The image on the left shows a seated variation of the stretch if balance is poor.