

## Flexibility Exercise #4: Hamstring Stretch (Seated or Lying on your back)

**Objective:** This stretch can be felt on the upper backside of your legs. It also improves the flexibility of your lower back.

**How to begin:** *\*Always make sure you are limber before stretching by doing some light walking around.*

1. Sit to the edge of a sturdy, armless chair. Extend your right leg out while flexing your foot (pull your toes towards your shin).
2. Breathe in as you reach for your toes.
3. Once you feel a stretching sensation, hold this position for 10 to 30 seconds, breathing throughout. (Deep breaths in through your nose, breath out through your mouth.)
4. Once you have held this position for 10-30 seconds, breathe out as you slowly bring your torso back up to the starting position, making sure your head comes up last.
5. Repeat this exercise with your opposite leg.

**Goal:**

Do \_\_\_\_ sets, 10 – 30 seconds per set.

Increase to:

\_\_\_\_\_ sets, 10 – 30 seconds per set.

**Progression:**

1. Complete this exercise lying on your back, with the help of a band.

A.



B.



C. Completing exercise lying on your back.

