

for the back of your thighs

Standing Hamstring Stretch

Position

- ✦ Stand with your feet hip-width apart in front of a table or chair.
- ✦ Place your left heel on the table or chair so that your leg is extended straight in front of you.
- ✦ Bend your right knee slightly.

Movement

- ✦ Slowly lower your upper body toward your left knee to the farthest comfortable position.
- ✦ Feel the tranquility as you stretch the back of your thigh.
- ✦ Hold for 15 seconds.
- ✦ Slowly return to the starting position.
- ✦ Repeat with your right leg.



Figure 2. Standing Hamstring Stretch