Title: Hamstring Stretch

Primary Muscle Groups: Hamstrings

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li>Sit on a mat and extend your right leg out to the side.</li>

<li>Bend your left leg and place the foot against your inner right thigh.</li>

<li>Lean forward from the hips and reach for your ankle as comfortably as you can. You should feel a slight pull in the hamstring.</li>

<li>Hold the stretch and then repeat on the left leg.</li>

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