Title: Ragdoll / Forward Bend / Fold Stretch / Toe Touches

Primary Muscle Groups: Calves, Hamstrings

Secondary Muscle Groups: Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand tall with your feet together and arms at your sides.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly, bend at the hips while keeping your knees engaged. Allow your upper body to hang over. Let your arms drop as well, dangling in front of you.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once you’re fully bent over and your hands are at your toes, pause and feel the stretch in your hamstrings. (Optional: Flatten your back for 5 seconds then return to this position) Once you hold the stretch for up to 30 seconds, return to the starting position.</span></li>

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