Title: Standing Hamstring Stretch

Primary Muscle Groups: Hamstrings

Secondary Muscle Groups: Calves

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.</span></li>

</ol>