

## Hamstring Stretch (Flexibility)



1. Sit on the floor with your right leg straight in front of you. Bend your left leg so the sole of your foot rests against the inside of your right thigh.
2. Reach toward your ankle. Keep your knee, neck, and back straight. Feel the stretch in the back of your thigh.
3. Hold for 30 to 60 seconds. Repeat 2 to 3 times.
4. Switch legs and repeat.
5. Repeat this exercise 3 times per day.



### Tip

Don't bounce while you're stretching.

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