

Supine Hamstring Stretch



1. Lie on the floor on your back, with both knees bent and your feet flat on the floor. Put a towel around the back of your right thigh.
2. Tighten your stomach muscles. Slowly pull on the towel to pull your right leg toward your chest. Straighten your right leg or keep it slightly bent. Raise it as high as you feel comfortable.
3. Hold for 30 to 60 seconds, or as instructed. Lower the leg back down to the floor.
4. Repeat 2 to 3 times, or as instructed.
5. Switch legs and repeat.



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