

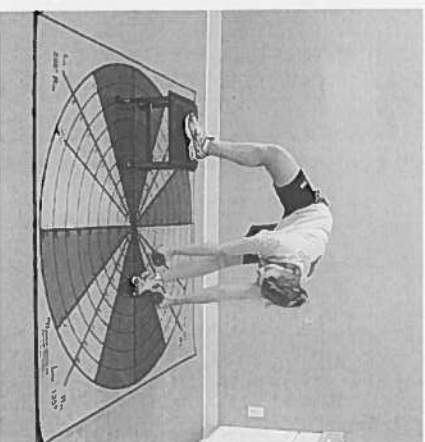
# Combined Hamstring and Groin Stretch

- Place your right foot on a step at a 45 degree angle.
- Keep your right knee bent over your foot.
- Keeping the left knee straight, reach both hands to your left foot then reach overhead.

- Hold 30 sec
- Repeat 3 times *ea. leg*

- Modification

- X* Reach to the floor between your legs



*1-2x/day*