**Seated Hamstring Stretch**

**Equipment**: Chair

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Sit, extend legs with toes pointing up.
2. Slide hands down legs while keeping back straight. (Hold for 10 sec).