

It's important to have flexible hamstrings for the health of your back, hips and knees.

These three easy stretches will help you lengthen your hamstrings and can be done while at home in front of the TV or while at work.

### Hang over Hamstring Stretch



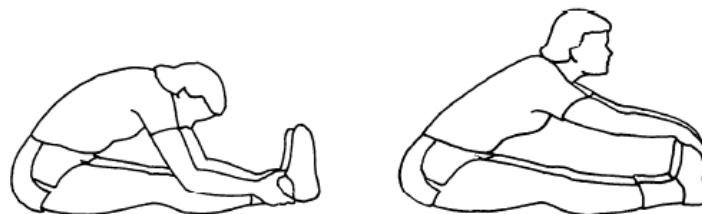
Bend your knees slightly and bend at the hip joint.

Relax the back of the neck and if the stretch is too intense, soften your knees.

Hold for 30 seconds to 60. Slowly roll up to standing.

*If you have a back injury or a sore back, please don't do this exercise.*

### Seated Hamstring Stretch



Sit on floor and lengthen your right leg in front of you.

Bend your left knee and bring the left outer thigh to the ground, reach for your foot.

Bend at the hip joint not the waist to maximize the hamstring stretch.

If your back is rounding you will be stretching your low back more than your hamstrings.

Hold for 30 seconds and switch legs.



### **Standing Hamstring Stretch**

Easy to do anywhere and safe for injured backs, this hamstring stretch is great if you're really tight.

Place your foot on a step or bench.

Flex your foot and bend forward from your hip joint, keeping your back straight.

The more you lean forward, the bigger the stretch for your hamstring.

Hold for 30 seconds and switch legs.



Here's the fine print

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any new exercise or exercise technique, particularly for any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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