

Seated Hamstring Stretch



Sitting on the front half of a firm chair, place one leg out straight with the foot pointing up. Bend the opposite knee so that your foot is flat on the floor.

Center your chest over the straight leg, ensuring back is straight.

Slowly bend forward from the waist until you feel a muscle stretch in the back of your outstretched leg.

Hold: 30 seconds on each leg.

Repeat: 3 repetitions each leg/ 2 times a day.