

# Hamstring Stretches



## Tipover Tuck Hamstring Stretch

This stretch is good for your hamstrings and also loosens tight shoulders.

- Stand with your feet hips-width distance apart. Interlace your hands behind your back. Keeping your legs straight, bend at the hips, tucking your chin, and bringing your hands over your head.
- Relax the back of your neck and if the stretch is too intense, release your hands, placing them on the backs of your thighs, and soften your knees. Hold for 30 seconds and slowly roll up to standing.



## One-Legged Seated Hamstring Stretch

This is a great "in front of the TV stretch" or for cooling down after a run.

- Sit on the floor and straighten your left leg in front of you. Bend the right knee, placing the sole of your right foot against your left inner thigh.
- Fold over your left leg, keeping your back straight. Hold for 30 seconds then switch legs.



### **Standing Hamstring Stretch**

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

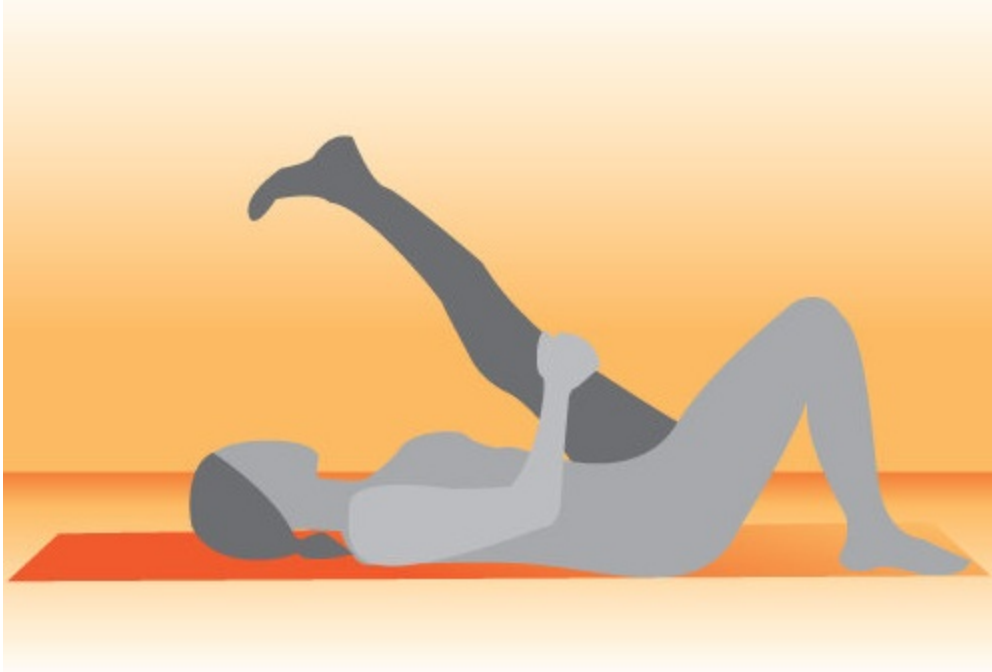
- Place your right foot on a step or stool. Flex your foot and bend forward from your hip joint, keeping your back and right leg straight. After holding for 30 seconds, switch sides.



### **Advanced Standing Hamstring Stretch**

This stretch reminds me of ballet leg stretches using the barre. If the previous stretch isn't deep enough for you then try this variation.

- Prop your left heel up on a surface that is a little lower than your hip such as a chair or bench. Flex your foot.
- To increase the stretch, bend forward toward your flexed foot, by creasing at your hips. Hold for 30 seconds and switch legs.



### **Reclined Hamstring Stretch**

Here's a relaxing way to stretch one hamstring at a time.

- Lie on your back, bend your right knee and place your right foot on the floor. Raise your left leg as high as you can, keeping your pelvis flat on the ground. Hold your lower thigh and encourage the leg to move toward your head. Flex your foot to stretch your calf too.
- To deepen the stretch, place a yoga strap or towel on the ball of your foot and use your hands to pull the strap toward you. After 30 seconds, switch legs.