

STEP 1



STEP 2



## Seated Hamstring Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

### Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

### Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

### Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

STEP 1



STEP 2



## Supine Hamstring Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

### Setup

Begin lying on your back with one leg straight and the other leg bent.

### Movement

Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

### Tip

Make sure to keep your back flat on the floor during the stretch.

STEP 1



STEP 2



## Standing Hamstring Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

### Setup

Begin standing with your feet shoulder width apart.

### Movement

Exhale and bend forward, lowering your hands toward the floor, bending at your hips and keeping your knees slightly bent. You should feel a stretch in the back of your upper legs.

### Tip

Make sure to keep your back relaxed and do not move through pain.

STEP 1



STEP 2



## Double Leg Hamstring Stretch at Wall

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

### Setup

Begin lying on your back with your legs straight and flat against a wall.

### Movement

Hold this position. You should feel a stretch in the back of your legs.

### Tip

Make sure not to arch your low back during the exercise.

STEP 1



STEP 2



## Supine Hamstring Stretch with Doorway

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3**

### Setup

Begin lying on your back in a doorway with your hips next to the doorframe.

### Movement

Keeping your leg straight, raise your heel up onto the doorframe until you feel a gentle stretch in the back of your leg. Hold this position.

### Tip

Make sure to keep breathing evenly and do not lock your knee during the stretch.

STEP 1



STEP 2



### Standing Hamstring Stretch on Chair

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

**Setup**

Begin in a standing upright position with a chair or step in front of your body.

**Movement**

Lift one leg to rest your heel on the chair with a very slight bend in your knee. Bending at your hips, lean your trunk forward until you feel a stretch in the back of your upper leg and hold.

**Tip**

Make sure to keep your back straight during the stretch.

STEP 1



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### Seated Table Hamstring Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

**Setup**

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

**Movement**

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

**Tip**

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

STEP 1



STEP 2



### V Sit Hip Adductor Hamstring Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

**Setup**

Begin sitting on the floor with your legs out in a V shape.

**Movement**

Lean forward, hinging at your hips, until you feel a stretch in the back and inside of your legs. Hold this position.

**Tip**

Make sure to keep your back straight during the stretch.

STEP 1



STEP 2



### Long Sitting Hamstring Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

**Setup**

Begin sitting with both legs laying straight in front of you.

**Movement**

Bend forward at your hips until you feel a stretch in the back of your thighs and hold.

**Tip**

Make sure not to round your back during the stretch.