

# Hamstring Stretch: Kneeling

## Why we do it:

Balance and core stability.  
Opens up chest and shoulders.  
Deep hip flexor stretch.

## Functional Benefit:

Stability  
Flexibility



Bring your right leg forward diagonally, knee bent.

Lean into the stretch, bringing your right hand to your knee.



Straighten and extend your right leg. Flex your foot

Extend your right arm to your toes. Bring your left arm up behind you



Bring your right arm up to meet the left. Keep your head and trunk facing forward.

Slide your right leg back in to kneel. Bring your arms to your sides.

Return to starting position. Repeat on the opposite side.