

Hamstring Stretch

Why we do it:

Stretching all the muscles down the back of the leg.
Balance and control.

Functional Benefit:

Stability
Flexibility



Stand in the neutral position with your feet together.

Step forward with your right leg, knee straight, and land on your heel, foot flexed.

Hinge backwards and lean slightly forward with arms extended in front of you.



Return to centre.

Rotate your hips and extend your right leg 90°, landing on your heel with foot flexed.

With your right hand, reach down your leg to your foot.



Rotate to centre and repeat on opposite side.