

# Hamstring Pose

## Why we do it:

Stretch out muscles at the back of the leg.  
Allows freedom in other movements.

## Functional Benefit:

Mobility  
Flexibility



Start in a seated position with heels together as close to the buttocks as possible, knees off the floor and elbows resting on the knees.

Clasp your feet and pull forwards, keeping a straight back.

Rotate torso to the right, right arm extends behind, head follows shoulder. Stretch.



Extend and straighten right leg diagonally to the front on the floor.

Flex right foot.

Reach right hand to right ankle.

Extend left arm up and over head, creating space between left hip and ribs.



Extend and straighten right leg diagonally upwards.

Grab right heel with right hand and with straight knee, lift off the floor.

Extend left arm up and over head

Return to centre.