

Hamstring Stretch Sitting

Sit sideways on couch, stretch out right leg flat and put left foot on floor. Put left hand on left knee and reach forward with your right hand for the toes of the right foot. Reach as far forward as you can without discomfort. Feel the stretch behind the right leg, hold for three to five seconds and lean back to release the tension. Repeat with same leg five times, then change position and repeat with opposite leg.



Be certain to maintain the lumbar curve when doing this exercise. Bend at the waist, not at the neck and shoulders.