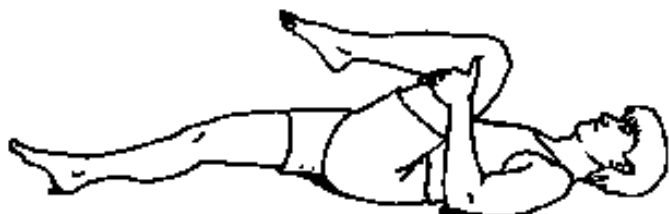


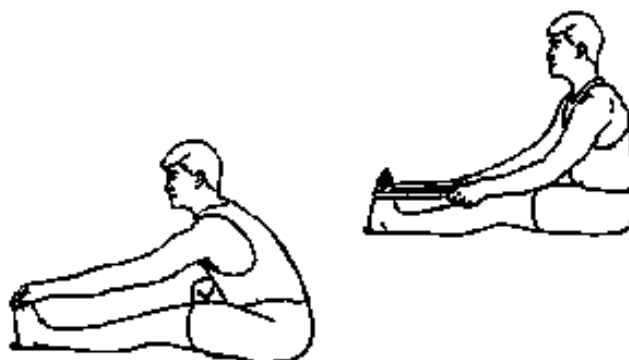
HAMSTRINGS - 1 Knee to Chest



Gently pull knee to chest until stretch is felt. Hold ____ seconds. Repeat with other knee.

Repeat ____ times. Do ____ sessions per day.

HAMSTRINGS - 2 Pull Back Toes, Single Leg



With towel or belt around foot, pull toes toward knee until stretch is felt. Hold ____ seconds. If you are more flexible, use hand to pull toes. Repeat with other leg.

Repeat ____ times. Do ____ sessions per day.

HAMSTRINGS - 3 Head to Knee



With hands on ankle, pull head toward knee and hold ____ seconds. Repeat with other leg.

Repeat ____ times. Do ____ sessions per day.

HAMSTRINGS - 4 Pull Back Toes, Double Leg



With hands on toes, pull torso forward and bend head toward knees until stretch is felt. Hold ____ seconds. For more stretch, put hands on ankles.

Repeat ____ times. Do ____ sessions per day.

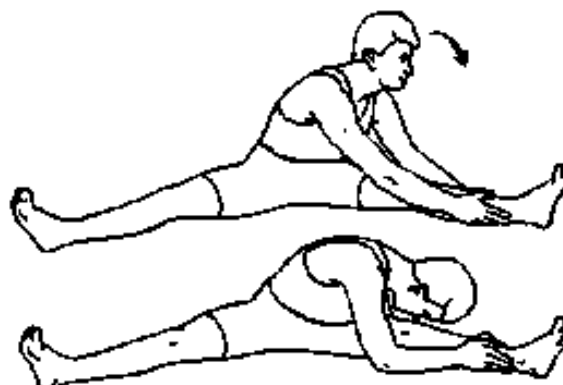
HAMSTRINGS - 5 Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold ____ seconds. Bend knees further to return to standing position.

Repeat ____ times. Do ____ sessions per day.

HAMSTRINGS - 6 Side Bend



With feet apart, pull head toward knee until stretch is felt. Hold ____ seconds. Repeat toward other knee.

Repeat ____ times. Do ____ sessions per day.

HAMSTRINGS - 7 Leg Raise



With hand behind knee, pull leg forward until stretch is felt. Hold _____ seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

Repeat _____ times. Do _____ sessions per day.

HAMSTRINGS - 8 Forward Bend, Elevated

With foot on chair or stool, lean forward until stretch is felt. Hold _____ seconds. For more stretch, place foot on higher plane.



Repeat _____ times.

Do _____ sessions per day.

HAMSTRINGS - 9 Forward Bend With Partner



Pull trunk forward over leg until stretch is felt. Have partner gently apply pressure to increase stretch. Hold _____ seconds. Repeat over other leg.

Repeat _____ times. Do _____ sessions per day.

HAMSTRINGS - 10 Leg Raise With Partner



Keeping the leg straight, have partner slowly raise leg until stretch is felt. Hold _____ seconds. Repeat with other leg.

Repeat _____ times. Do _____ sessions per day.