



ADVANCED TRAINING AND PERFORMANCE

Hamstring stretch



Exercise Description

1. Standing on one leg, place one leg in front with your heel on the ground
2. Keeping your back straight, lean forward until you feel a stretch in the back of your leg
3. Sets and reps
 - o 1-2 times/day
 - o 1-2 sets
 - o 30-60 second holds each side

The Why

This should work on mobility of your knees and hips. The stretch should feel good and not result in pain.

