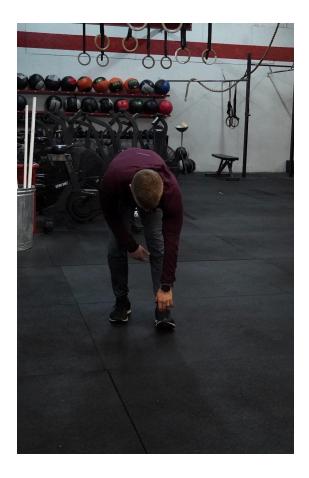
ADVANCED TRAINING AND PERFORMANCE

Hamstring stretch



Exercise Description

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



