

Supine Hamstring

INSTRUCTION: Duration 1 min

Lay on your back with both knees bent and feet flat on the ground. Bring one thigh towards your chest and place a strap in the arch of the lifted foot while holding one end of the strap in each hand. Gently begin to straighten that knee as a stretch begins to form on the back of your thigh (Hamstring muscle).



Hold for 30 seconds and repeat on opposite side.