

LYING HAMSTRING STRETCH

1. LENGTHEN YOUR BACK AS YOU LIE DOWN AS YOU LEARNED TO DO IN LESSON 2.

2. PLACE A PILLOW UNDER YOUR HEAD AND SHOULDERS, IF THAT MAKES YOU MORE COMFORTABLE.

3. HOLDING ONE END OF A STRAP IN EACH HAND, LOOP THE STRAP AROUND THE BALL OF YOUR RIGHT FOOT, AND THEN STRAIGHTEN YOUR LEG (a).

You may also bend your leg slightly throughout this exercise.

Keep your arms outstretched and your shoulder blades fixed in position. Don't allow your shoulders to pull forward.

4. LIFT YOUR RIGHT LEG UPWARD TOWARD YOUR HEAD UNTIL YOU FEEL A SIGNIFICANT HAMSTRING STRETCH.

Do not overstretch.

5. HOLD BOTH STRAP ENDS WITH THE RIGHT HAND.

6. GENTLY ALLOW THE LEG TO MOVE TO THE RIGHT, TOWARD THE FLOOR, WITHOUT RAISING YOUR LEFT HIP FROM THE FLOOR (b).

If it helps, use your left hand to hold your left hip to the floor.

7. MOVE YOUR RIGHT LEG BACK UPWARD.

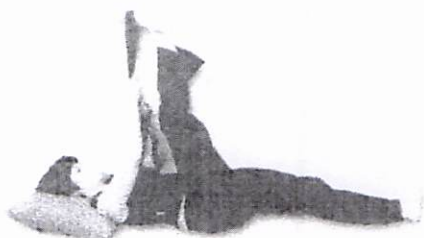
8. SWITCH THE STRAP ENDS TO THE LEFT HAND.

9. ALLOW YOUR LEG TO FALL GENTLY TO THE LEFT ACROSS YOUR BODY, TOWARD THE FLOOR (c).

Do not let your right hip lift from the floor. Your leg will probably not travel very far from vertical.

10. REPEAT THESE STEPS WITH THE LEFT LEG (d-f).

a.



b.



c.



d.



e.



f.

