

Lying Hamstring Stretch



Description: Sit on a mat with your knees bent and a yoga strap around one foot. Lie back and raise your strapped leg, keeping it straight, and leaving the other leg on the ground. Hold the stretch and repeat with the other side.

Sets/Reps: 1-2 sets of at least 30 seconds per side.

Common Mistakes: Using ballistic stretching. This is when 'bouncing' back and forth at the end of the range of motion occurs and can lead to injury.

Target Muscles: Hamstrings.

Modifications: If you have very tight hamstrings then a better stretch may be the Modified Hurdler's Stretch. Ask the Wellness Centre staff to demonstrate this stretch.

****Tip:** Stretch until you feel mild discomfort rather than pain.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

