

## Seated hamstring stretch

1. Sit on the ground with your legs extended straight in front of your body
2. Bend your left leg and pull it in toward your body
3. Place the bottom of your left foot on the inside of your right thigh and allow your left hip to open up until the outside of your left leg lies flat against the floor
4. Tip your torso forward as you reach both arms toward your ankle, stopping when you feel a good stretch along the back of your right leg
5. Hold the stretch for 30 seconds before switching sides

