



- Take a wide stance and pivoting at the hips, bring your fingers / hands down to the floor.
- Keep your knees straight as you reach your fingers to the floor.
- If you cannot reach the floor without rounding out your lower back, put something down on the floor to touch so you don't have to bend as far.
- Feel the stretch in your hamstrings and calf muscles.
- Do not force the stretch so that you feel pain, just a gentle pull and stretch.
- Hold for 30 seconds or until you feel your legs have adequately loosened up.

## WIDE STANCE HAMSTRING STRETCH