

5 Way Hamstring Belt Stretch

1. With your socks off, secure a strap/belt around the sole of your right foot. Pull belt side to side until the sole of the foot is warm. 2. Keeping your sacrum on the floor and knees straight, pull right leg toward your face until you feel a stretch in the hamstrings. Hold 30 seconds. 3. Loop the left strap behind your calf, hold both straps in the right hand and drop right leg out to the side. Keep knees locked, navel pulled in and left hip on the ground. Hold 30 seconds. 4. Transfer both straps to the left hand and bring right leg across your body, keeping knee locked and right hip on the ground. Hold 30 seconds. 5. Bend your left knee and place foot flat on the floor. Lift body slightly and roll onto your left side completely. Push left foot backwards so there is one line from your left knee to the top of your head. Keeping your right foot on the ground lift right elbow towards the ceiling then open right hand towards the floor and chest towards the ceiling. Hold 30 seconds. Repeat steps 1-5 on the opposite side.

