

## Hamstring Stretch

With one foot on the floor extend the other leg to the ceiling and flex the foot



To increase the stretch lengthen the leg that is on the floor and squeeze into the thigh



Bend the leg bringing the knee and thigh into the chest. The sole of your foot is facing the ceiling



Sit up nice and tall through the spine, toes to the nose and pull yourself towards the legs... keep lengthening the spine and remember to breathe!



Get access to this routine and more at  
purestretchhome visit [www.purestretch.co.uk](http://www.purestretch.co.uk)

purestretch accepts no responsibility for any injuries  
that may occur whilst undertaking these exercises.

**Happy Stretching!**