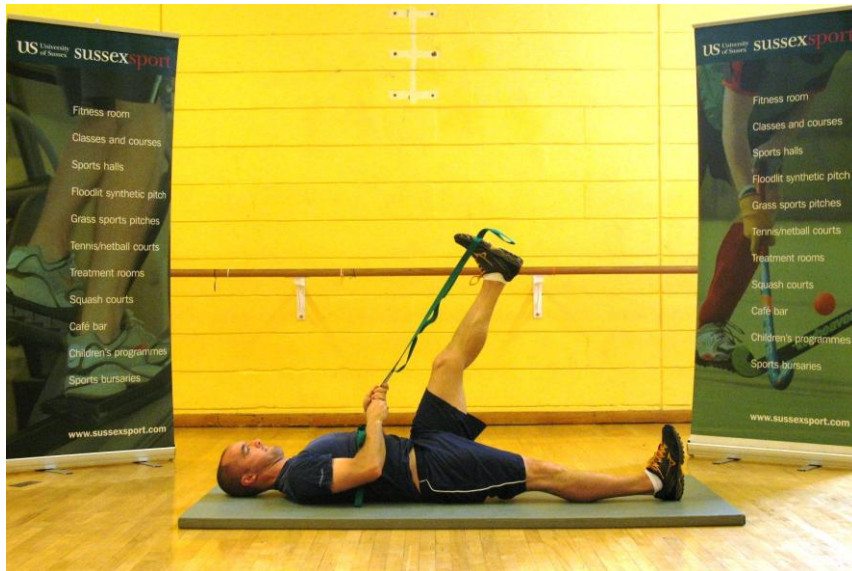


## Hamstrings

Lie down on your back with both legs straight. Slowly bring one up off the floor, keeping it straight. Place your hand around your hamstrings, calf or use a stretch strap and pull the leg towards you, until a stretch is felt. Keep both hips on the floor and make sure the other leg does not turn out to the side.

### Alternative

Standing with one leg just in front of the other, bend the back knee and rest your weight on the bent knee. Tilt the hips forwards as if pushing your glutes up into the air.



## Quadriceps

Standing with feet shoulder width apart, keeping your core engaged and spine straight, stand on one leg and bring the heel of the other foot up to your glutes, for range of movement. Keep the knees together and push the hips away from you to feel the stretch.

### Alternative

Lying on your side or your front, pull one foot up to your glutes

