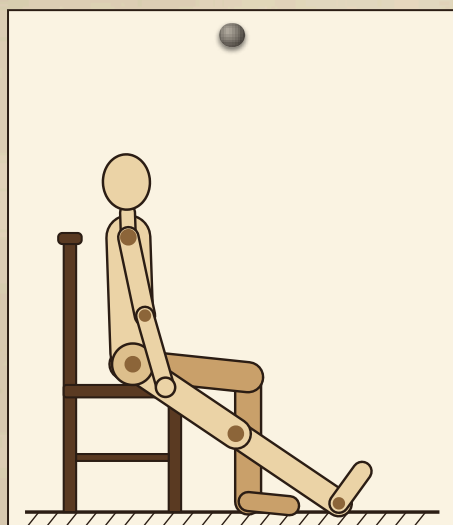


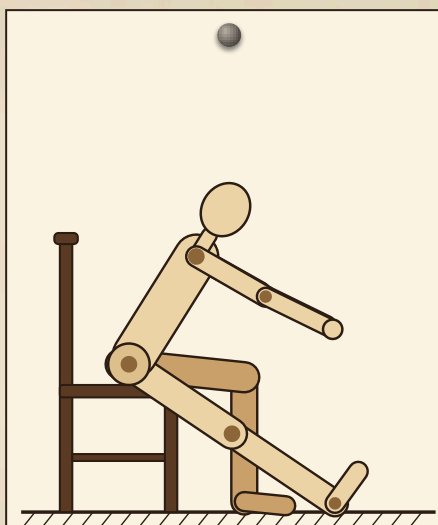


Seated hamstring stretch

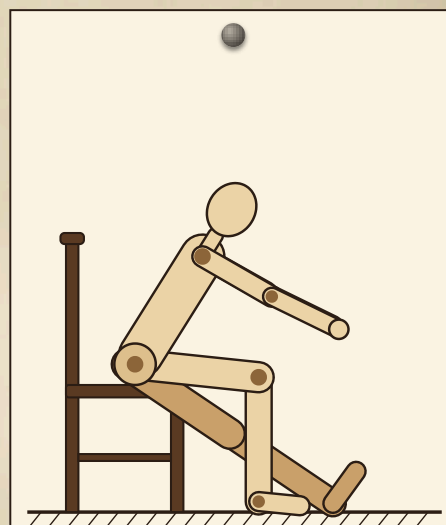
Loosens the backs of your legs, which tighten up with sitting and can pull on your lower back. A gentle stretch done in a chair.

**1 Leg out straight**

Heel down, toes up.

**2 Lean forward gently**

From the hips, back straight.

**3 Then the other leg**

Hold, breathe, no bouncing.

The beat Lean in slowly, hold for 15 seconds, breathe. 2 stretches on each leg is one set.

How to do it

1. Sit near the front of a sturdy chair.
2. Straighten your left leg out in front, heel on the floor, toes up. Keep the other foot flat.
3. Sit tall, then lean forward slowly from the hips, reaching towards your shin.
4. Stop when you feel a gentle stretch in the back of your leg. Hold and breathe.
5. Sit back up and swap legs.

Make it fit you

Easier

Don't lean as far. A gentle pull is enough.

Harder

Hold for 30 seconds, or pull your toes towards you.

Safety

Stretch, don't strain. No bouncing, and no pain.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/seated-hamstring-stretch/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.