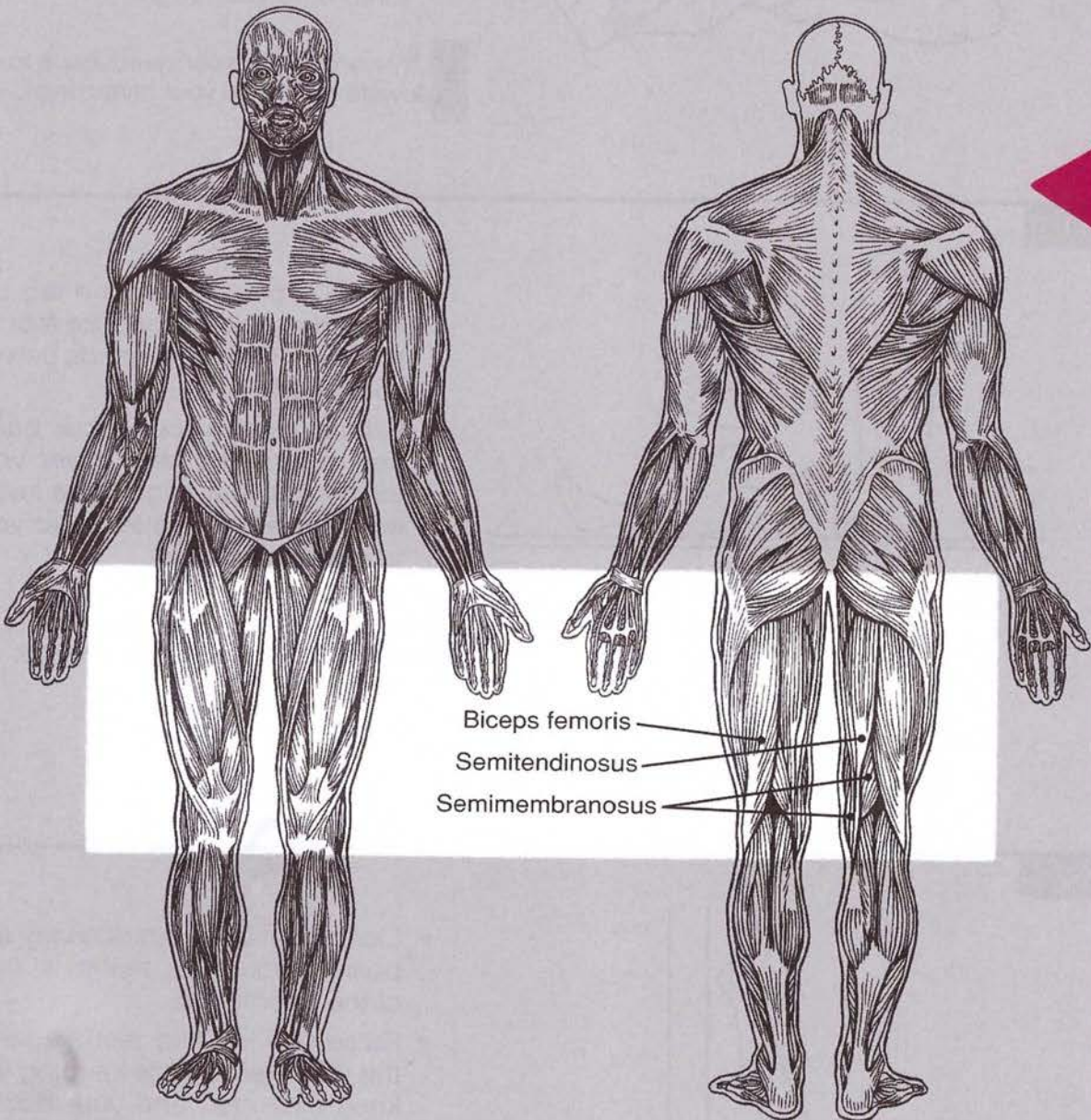
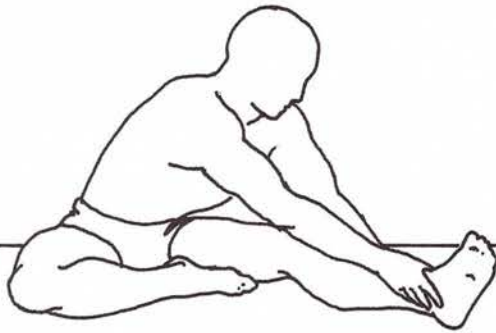


# HAMSTRINGS



Biceps femoris  
Semitendinosus  
Semimembranosus

50

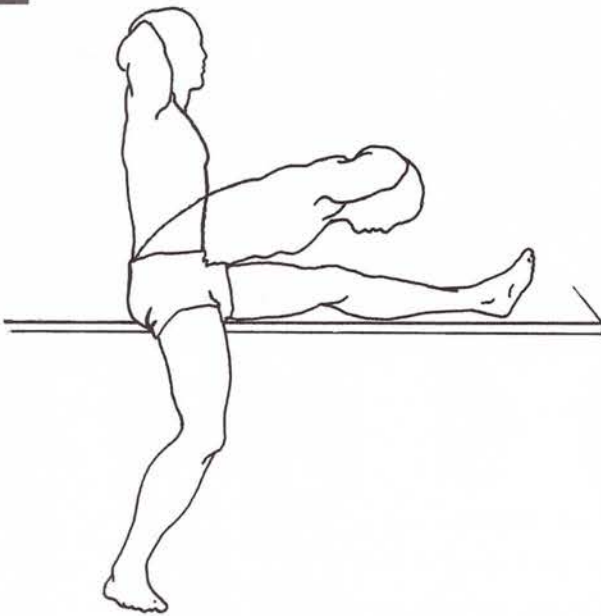


- Sit on the floor with one leg straight and the other bent at the knee with the heel touching the inside of the opposite thigh.
- Lower the outside of the thigh and calf of the bent leg onto the floor.
- Exhale, keep the extended leg straight, and lower your upper torso onto your thigh.

**NOTE**

Try contracting your quadriceps to alleviate tension in your hamstrings.

51

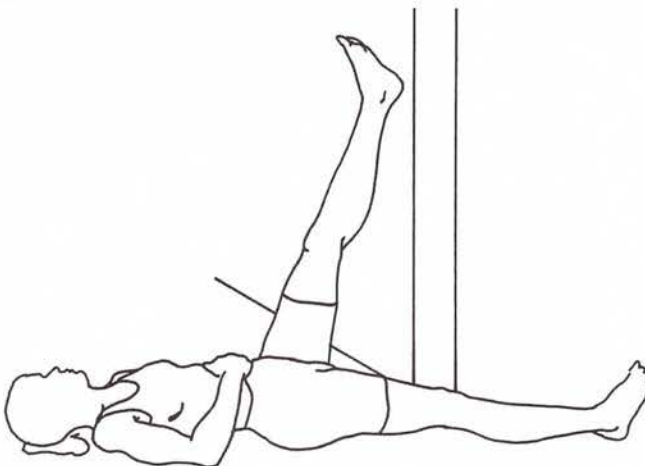


- Sit on a bench with one leg extended and your opposite foot on the floor. Place your hands behind your head.
- Exhale, extend your upper back, flex at the hips, and lower your torso onto your thigh while keeping your elbows raised and your leg straight.

**NOTE**

Try contracting your quadriceps to alleviate tension in your hamstrings.

52



- Lie on your back in a doorway and position your hips slightly in front of the door frame.
- Raise one leg and rest it against the door frame while keeping that knee extended and your bottom leg on the floor. Increase the stretch by sliding your hips closer to the door frame or lifting the leg away from the door frame.

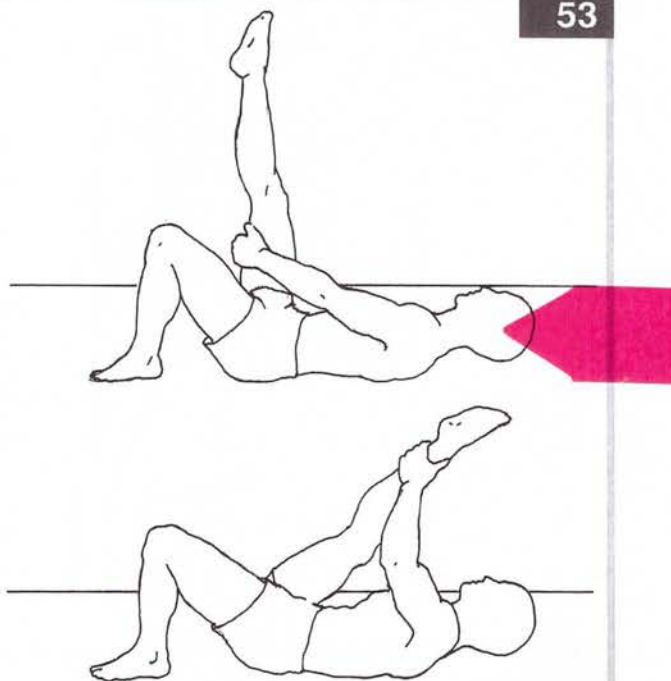
**NOTE**

Try contracting your quadriceps to alleviate tension in your hamstrings.

- Lie on your back with your legs flexed and your heels close to your buttocks.
- Inhale and extend one leg upward.
- Exhale and slowly pull the raised leg toward your face, keeping the leg straight.

**NOTE**

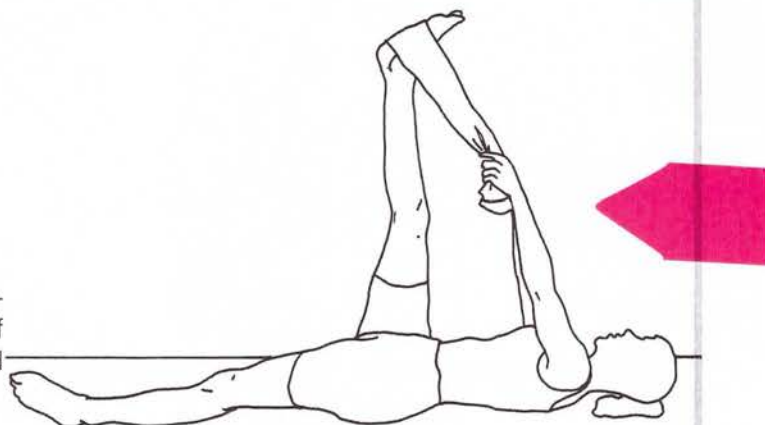
Try contracting your quadriceps to alleviate tension in your hamstrings. Also, if you have a bad back, flex the extended leg and slowly lower it to the floor.



- Lying on your back, wrap a folded towel around the instep of one foot, inhale, and extend the leg upward.
- Exhale and pull the raised leg toward your face, keeping the leg straight.

**NOTE**

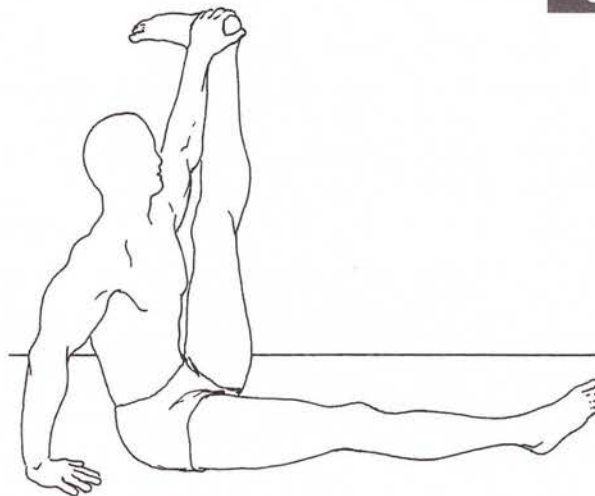
Try contracting your quadriceps to alleviate tension in your hamstrings. Also, if you have a bad back, flex the extended leg and slowly lower it to the floor.



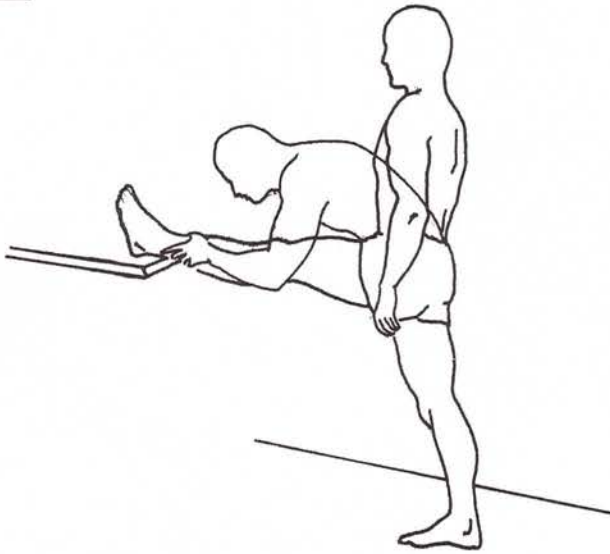
- Sit on the floor with your hands behind your hips for support and your legs extended.
- Flex one knee and grasp the instep of your foot with one hand.
- Exhale and extend your leg until it is perpendicular to the floor.

**NOTE**

Try contracting your quadriceps to alleviate tension in your hamstrings.



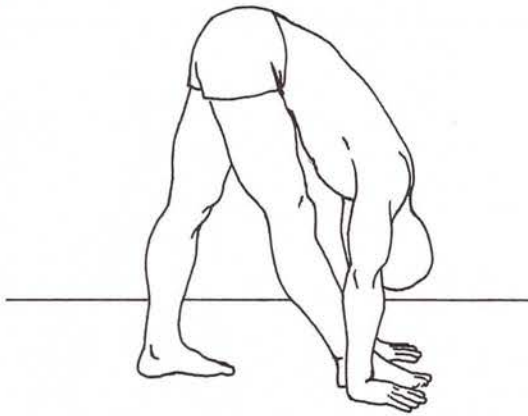
56



- Standing, slowly raise one leg and rest it on an elevated platform at a comfortable height.
- Exhale; keeping both legs straight and your hips squared, slowly flex forward from the hips, extend your upper back, and lower your trunk onto your raised thigh.

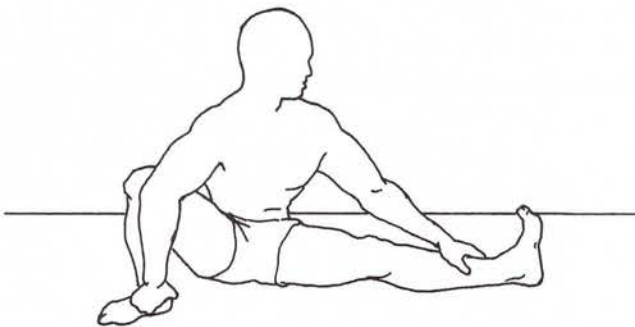
**NOTE** Try contracting your quadriceps to alleviate tension in your hamstrings.

57

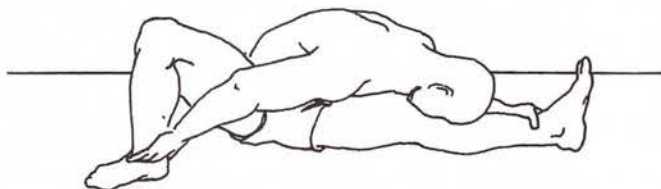


- Stand with your right foot about 12 inches (30 centimeters) in front of the toes of your left foot.
- Exhale, lean forward at the hips, and try to touch the floor or your right foot with your hands while keeping both legs straight.

58

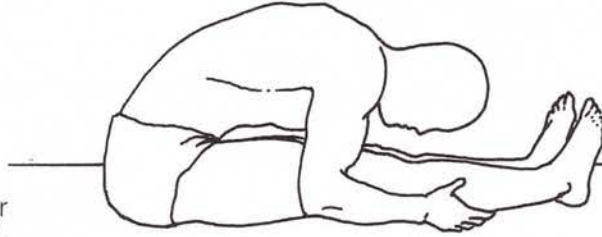


- Assume a squat position with your feet flat on the floor.
- Place your weight on one flexed knee and extend the opposite leg sideways.
- Grasp your right ankle with your right hand and your left ankle with your left hand.
- Exhale and lower your entire upper torso to your extended thigh.



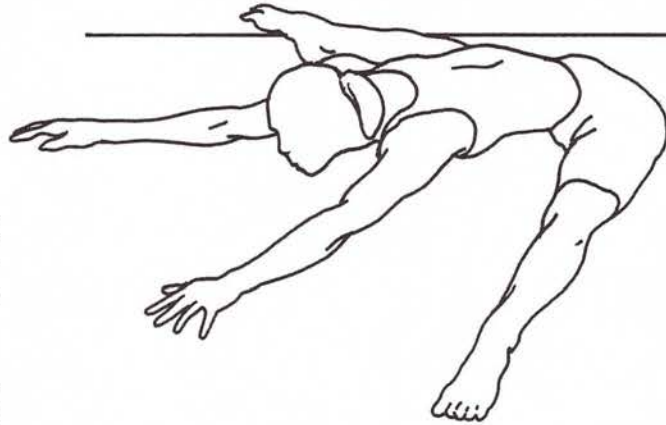
**NOTE** This exercise is fundamental for martial artists; however, it is not necessary for most other athletes. This exercise also stretches the groin.

- Sit on the floor with both legs extended in front of you.
- Exhale; keep your legs straight, extend your upper back, bend forward at the hips, and lower your trunk onto your thighs.

**NOTE**

You should also feel this stretch in your lower back. Try contracting your quadriceps to alleviate tension in your hamstrings.

- Sit on the floor with both legs spread and extended in front of you.
- Exhale; keep your legs straight, extend your upper back, bend forward at the hips, and lower your trunk onto the floor.

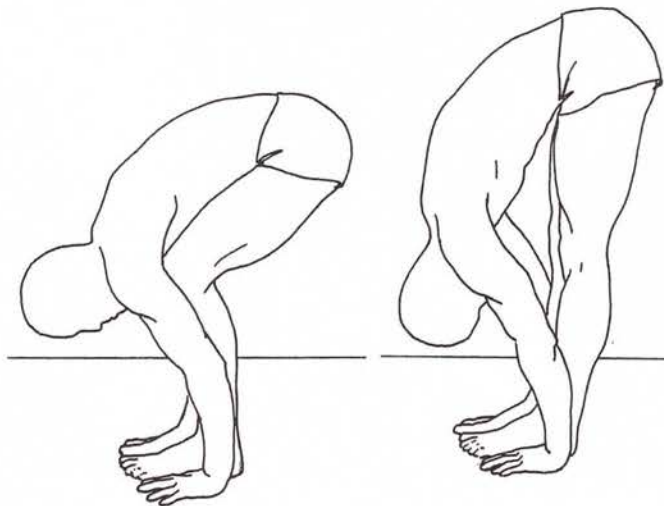
**NOTE**

You should also feel this stretch in your lower back. Try contracting your quadriceps to alleviate tension in your hamstrings.



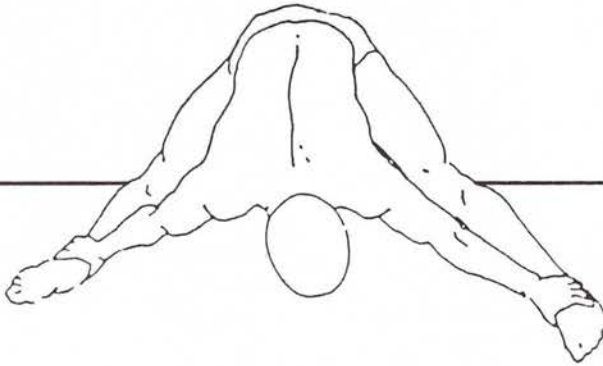
Do not lift your heels off the floor or roll your hips or thighs inward, as this may strain the groin.

- Squat with your heels flat, your chest on your thighs, and your hands on the floor for balance.
- Exhale and slowly straighten your legs. Stop when you feel excess tension.
- Flex your knees and return to the starting position.

**NOTE**

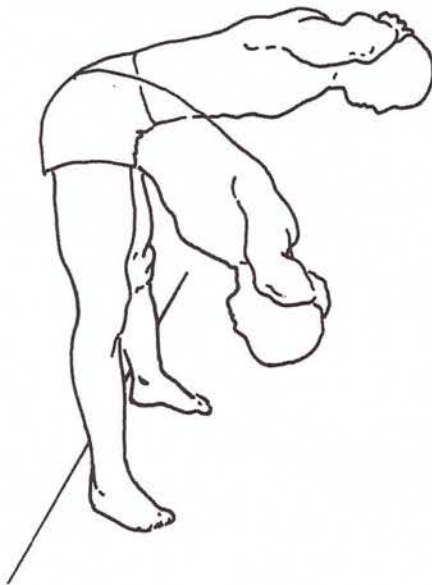
You should also feel this stretch in your lower back. You can initiate this stretch with your buttocks resting against a wall for balance.

72



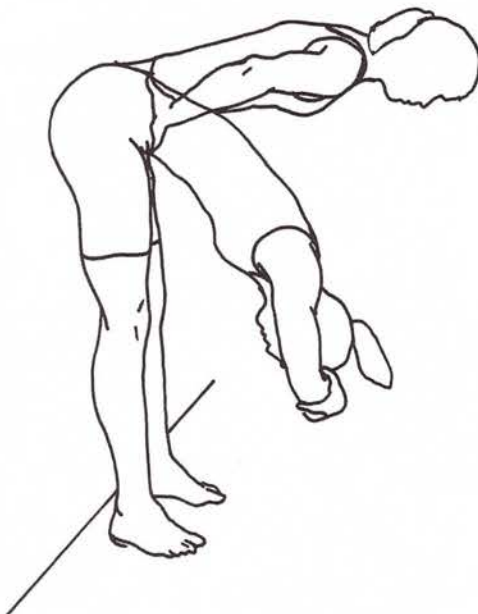
- Stand with your legs spread and flex at the hips, keeping your legs straight. Grasp your ankles or feet.
- Exhale and pull your chest closer to your legs.
- Flex your knees to return to the starting position.

73



- Stand with your legs spread and the back of your heels approximately 12 inches (30 centimeters) from a wall.
- Interlock your hands behind your head. Keeping your legs straight, extend your upper back, bend forward at the hips, and lower your trunk toward your thighs.
- Exhale and bend your knees or round your upper torso when returning to the upright position.

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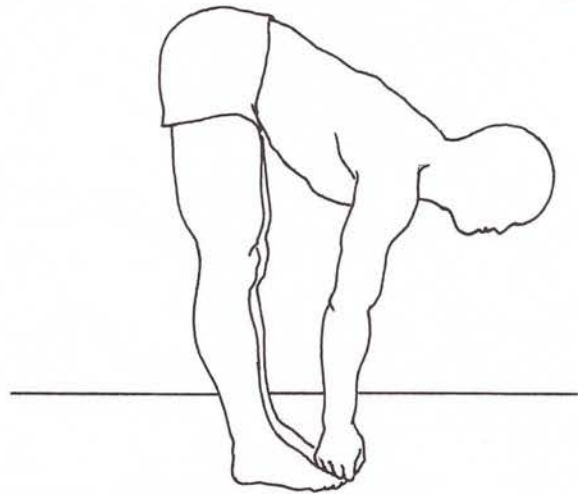


- Stand 12 inches (30 centimeters) from a wall with the back of your heels almost together.
- Interlock your hands on top of your head, bend forward at the hips, and lower your trunk toward your thighs.

- Stand 12 inches (30 centimeters) from a wall with the back of your heels almost together.
- Exhale, bend forward at the hips, lower your trunk toward your thighs, and touch your toes.
- Exhale and bend your knees or round your upper torso when returning to the upright position.

**NOTE**

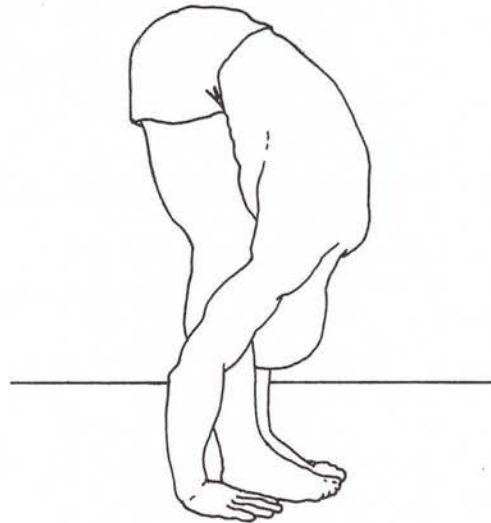
Remember to keep your legs straight.



- Stand 12 inches (30 centimeters) from a wall with the back of your heels almost together.
- Exhale, bend forward at the hips, lower your trunk toward your thighs, and place your hands flat on the floor.
- Exhale and bend your knees or round your upper torso when returning to the upright position.

**NOTE**

This stretch is vital for 3- and 10-meter divers.



- Stand 12 inches (30 centimeters) from a wall with the back of your heels almost together.
- Exhale, bend forward at the hips, lower your trunk toward your thighs, grasp the backs of your ankles, and slowly compress your upper torso to your thighs.

**NOTE**

This stretch is vital for 3- and 10-meter divers.

