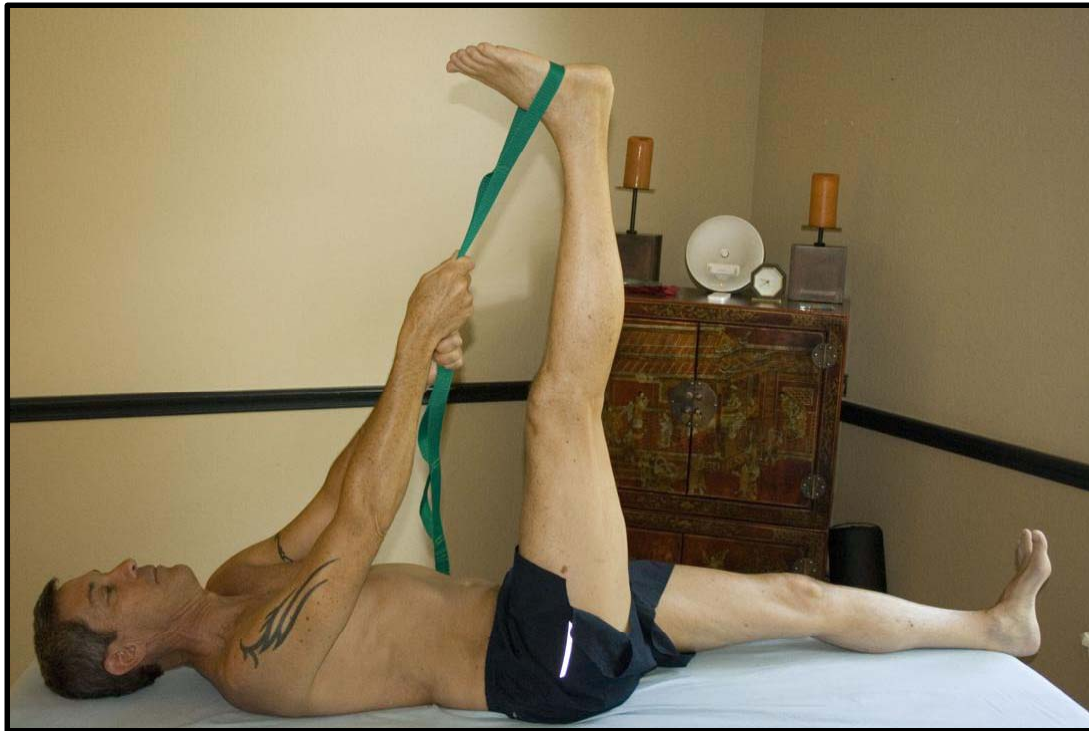


## Hip/Leg/Knee Stretch



### Hamstring Stretch

- Step 1: Lie face up; leg extended to comfortable stretch
- Step 2: Stretch rope is around the arch of the foot; hold with straight arms
- Step 3: M.E.T. Lower leg toward floor against your own force for 3 seconds.
- Step 4: Relax, return to stretch
- Step 5: Repeat 3 times