

# Hip/Leg/Knee Stretch

## Hamstring Stretch #2



Step 1:  
Stretch rope  
around arch of foot  
to be stretched;  
bend knee

Step 2: Hold stretch rope in hand; arm is straight

Step 3: Stabilize this thigh with other hand

Step 4: Exhale, straighten knee, while lifting up on stretch rope,  
for 3 seconds

Step 5: Repeat stretch  
3 times.

