

Hip/Leg/Knee Stretch

Hamstring Stretch (Medial)



Step 1: Stretch rope around ankle, strap ending up in inside (medial)

Step 2: Hold stretch rope in hand; arm is straight, stabilize thigh with hand

Step 3; Exhale, straighten knee, while lifting up on stretch rope, for 2 seconds

Step 4: Repeat stretch 3 times

