

Hip/Leg/Knee Stretch

Hamstrings Stretch #2 (Lateral Distal):



Step 1: Stretch rope around ankle, strap ending on the outside

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

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

Step 4: Repeat stretch 2-3 times

