

BACK OF THIGH *HAMSTRINGS*

Ask runners to watch the **POSITION OF THE FRONT LEG** and the **BACK**

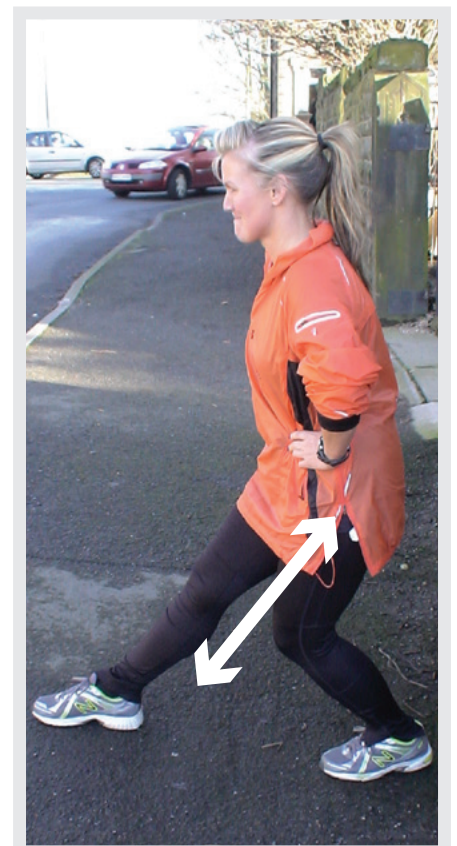
Front view



Side view



Opposite side view



1. One leg in front of the other, straight knee
2. Hands on bent knee, or hips
3. Sit back on support leg with bottom out and back straight

FEEL STRETCH ON BACK OF THIGH OF STRAIGHT LEG