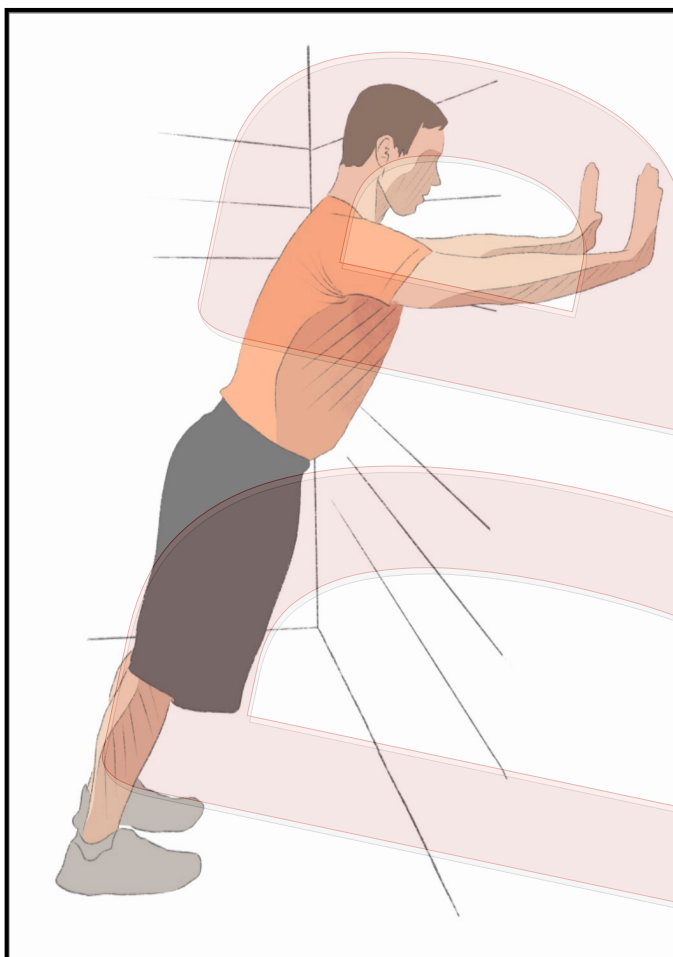


Exercise Spotlight

Hamstring Stretch [Hands on Wall]

Muscles Worked	- Hamstrings, Erector Spinae, Transverse Abdominis
Benefits	- Lengthen the hamstrings and strengthen the back - Prevent low back pain and reduce the chance of injury
Precautions	- Be sure to stretch in a comfortable range of motion and practice a position that will provide you with a small amount of discomfort, but no pain
Instructions	- Begin with two hands set shoulder-width apart and place them on a wall in front of you - Set your feet hip-width apart, shoulders drawn back and down, knees straight, and a neutral hip position - Maintain strong posture as you push your hips back and drop your chest down towards the ground until you feel a stretch in your hamstrings - Hold for desired length of time and repeat for desired number of sets, taking deep and relaxed inhale and exhale breaths as you hold

Start and Finish



Mid Point

