

## HAMSTRING - 23 Chair Sitting

Sit at edge of seat, spine straight, one leg extended. Put a hand on each thigh and bend forward from the hip, keeping spine straight. Allow hand on extended leg to reach toward toes. Support upper body with other arm. Hold 10 seconds.



Repeat 5 times  
per session.  
Do 2 sessions  
per day.

---

## CALVES / HEELS / FEET - 24 Gastroc, Standing

Stand, right foot behind, heel on floor and turned slightly out, leg straight, forward leg bent. Keeping arms straight, push pelvis forward until stretch is felt in calf. Hold 10 seconds.



Repeat 5 times  
per session.  
Do 2 sessions  
per day.

## Beginner Stretches (Legs) – General Precautions

**For all exercises, please ensure that you are standing next to a firm or stable object (i.e. your kitchen counter) in case you need something to hold on to for balance.**

- 1) Please remember to keep an upright position with your back straight as you lean forward at the hips. For added safety, place both hands on the thigh on the bent leg, not the extended leg. This will help to reduce pressure on your lower back.
- 2) This stretch can be performed on a wall, or while holding on to your kitchen counter. Make sure the knee of your front leg does not extend out past your toes. Keep the back heel down and you will feel the stretch in your lower leg (calf).

As always, if you feel any pain **STOP!**