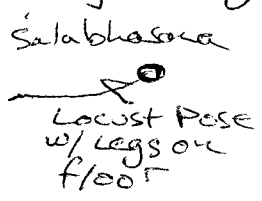
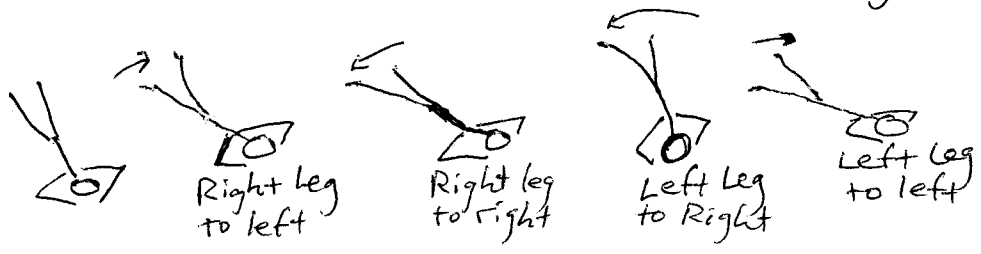
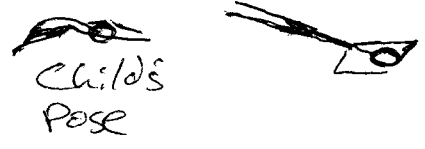


Accessible Hamstring Practice

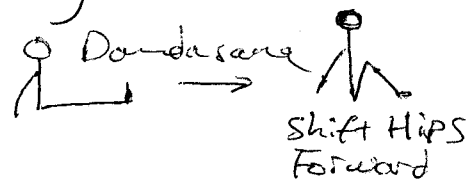
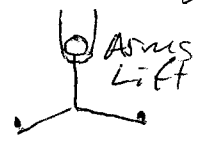
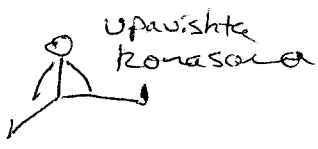
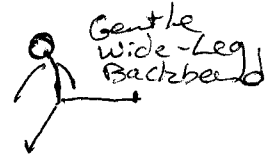
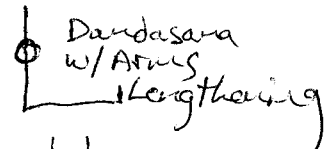
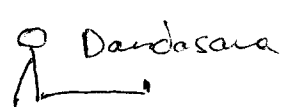
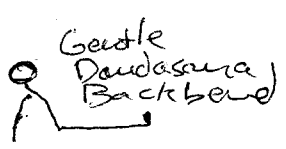
- Strengthening & Lengthening



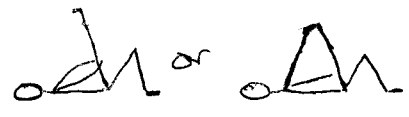
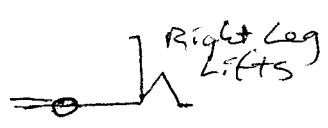
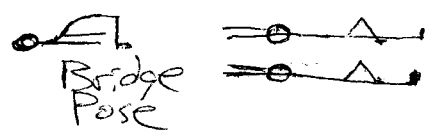
At the end of this, lifting legs in alternation directly off floor, not swinging to either side



Repeat Leg extension variations.



Roll down onto Side and then onto your Back



switch to the left leg



Both sides

You can move on to other practices or rest in savasana.