

How to Do a Hamstring Stretch While Sitting

The seated hamstring stretch is a good way to stretch the muscles in the back of your thigh... called your hamstrings.

Here's how to do it.

Extend one leg out in front of you, with your heel on the floor and your toes pointed up.

Sit up nice and tall.

Keep your chest up and your spine long as you slowly lean forward, bending at the hips... until you feel a stretch in the back of your thigh.

Keep your back straight.

And keep the knee of your extended leg as straight as you can.

Hold the stretch for 30 seconds, and then slowly return to your original position of sitting nice and tall.

Do this stretch 2 to 4 times on one side. Then switch legs and do this exercise 2 to 4 times on the other side.

Some soreness or discomfort may be expected... but stop doing an exercise if you have increased pain.