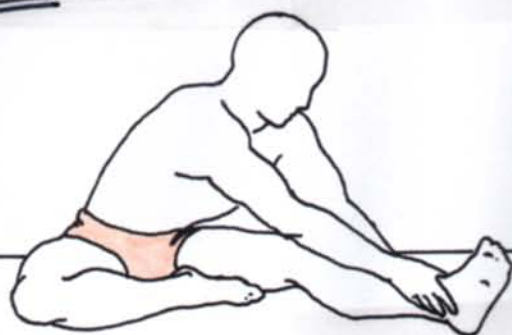


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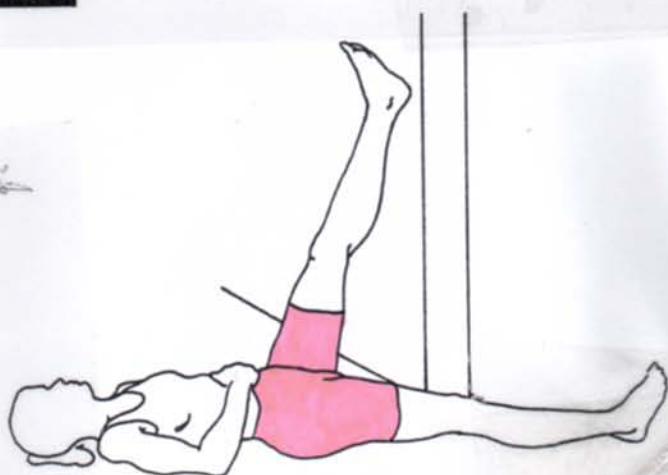
BEST



- Sit on the floor with one leg straight and the other bent at the knee with the heel touching the inside of the opposite thigh.
- Lower the outside of the thigh and calf of the bent leg onto the floor.
- Exhale, keep the extended leg straight, and lower your upper torso onto your thigh.

NOTE Try contracting your quadriceps to alleviate tension in your hamstrings.

52



- Lie on your back in a doorway and position your hips slightly in front of the door frame.
- Raise one leg and rest it against the door frame while keeping that knee extended and your bottom leg on the floor. Increase the stretch by sliding your hips closer to the door frame or lifting the leg away from the door frame.

NOTE Try contracting your quadriceps to alleviate tension in your hamstrings.

54

- Lying on your back, wrap a folded towel around the instep of one foot, inhale, and extend the leg upward.
- Exhale and pull the raised leg toward your face, keeping the leg straight.

NOTE Try contracting your quadriceps to alleviate tension in your hamstrings. Also, if you have a bad back, flex the extended leg and slowly lower it to the floor.



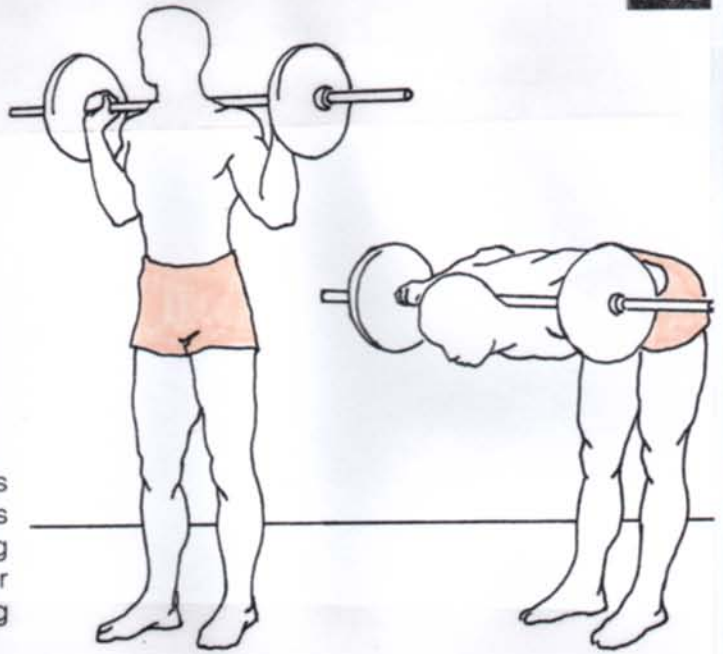
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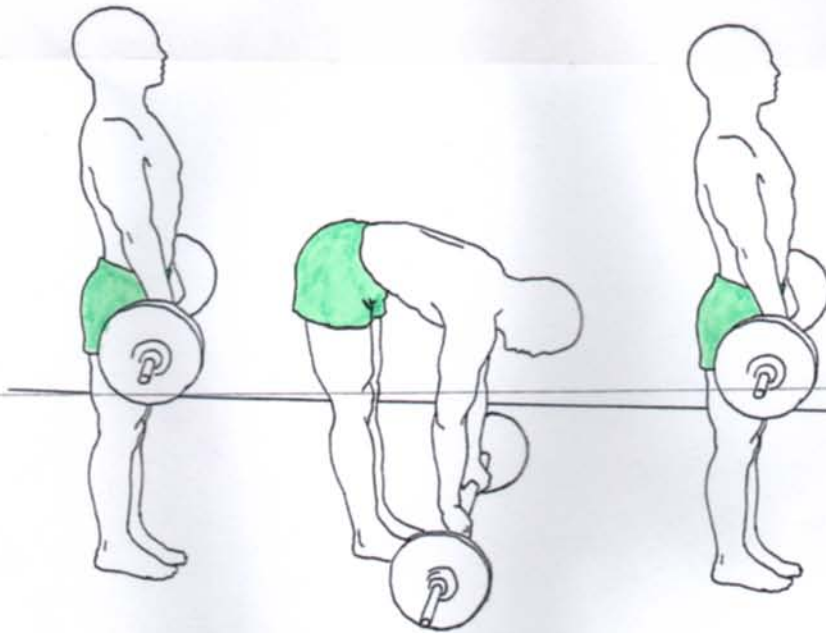
- Sitting on the floor with your legs extended and spread apart, flex one knee until its heel touches the groin of the other leg.
- Your partner stands behind you with one hand in the center of your upper back and the other in the center of your lower back.
- Exhale; keeping your forward leg straight, extend your upper back, and bend forward at the hips as your partner gently pushes your upper torso onto your thigh.

NOTE Remember to communicate with your stretching partner.

- Stand with your feet shoulder-width apart holding a lightweight barbell on your shoulders.
- Inhale, keep your legs straight, bend at the hips, and lower your upper torso to a horizontal position.
- Hold the stretch momentarily before exhaling and returning to an upright position.

**NOTE**

Some athletes slightly flex their legs when using heavier weights with this exercise. The objective when using heavier weights is to strengthen the lower back. It is a good idea to wear a lifting belt when performing this stretch.



- Stand holding a lightweight barbell with your arms straight in front of you.
- Inhale, keep your legs straight, bend forward at the hips, and lower the barbell to the floor.
- Hold the stretch momentarily, exhale, and slowly return to an upright position.

NOTE This exercise is basic for bodybuilders, power lifters, and weight lifters. As flexibility increases, advanced athletes may want to do these "dead lifts" while standing on the end of a bench or large block.



Use a lifting belt when doing this lift/stretch.