

Forward Fold



Description: Hamstring Stretch (flexibility & balance). Use this stretch to work on flexibility and balance and to lower your heart rate at the end of a workout.

Instructions

1. From a standing position with feet together, bend forward at the hips, reaching your arms towards your feet.
2. You should feel the stretch in your hamstrings and back.
3. Hold the stretch for 30 seconds
4. Slowly bend your knees and return to a standing position.

Tips & Modifications

- Keep your knees bent if you are unable to touch your toes.
- For a challenge, try to touch your palms to the ground.
- Alternate bending knees to stretch hamstrings.



Click here or scan the QR Code to the right to watch video instructions!

