



Sit and Reach

Target: hamstrings

Be careful not to tip the chair over.

STARTING POSITION: Sit at the edge of a stable chair. Loop a strap around the ball of your left foot and hold an end of the strap in each hand.

1. Extend your legs straight out in front of you and place your heels on the floor with your toes pointing up 90 degrees.
2. Stack your left heel on top of your right foot, keeping your legs as straight as possible. Inhale deeply through your nose.
3. Now exhale through your lips and gently pull yourself forward by leading with your chest rather than rounding your back. Switch sides and repeat.

Intermediate: Instead of using the strap, you can extend your arms forward and gently reach forward with your fingertips.

Advanced: Place both heels on a chair in front of you.

