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# INSTRUCTIONS

## HAMSTRING STRETCH (ADVANCED)

**CATEGORIES:** Flexibility, Power, Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/hamstring-stretch-advanced/>

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Knee Strength

Leaps

Turn Out



### STEPS:

- Lie on your back and pull one leg toward your chest.
- Lace your fingers around your calf muscle allowing your knee to be slightly bent
- Extend the other leg straight, keeping it engaged.
- Use your arms; gently pull the gripped leg toward your chest and AT THE SAME TIME driving the same leg's heel toward the floor.
- Press into your hands as if you're trying to break the grip of your fingers around your leg.
- Press and pull for 5 seconds.
- Gently release, straighten the top leg and pull gently toward your shoulder, not your nose.

Repeat 5 times on each leg