

## Fitness Forum: Stretching the hamstrings with a rope

by CNS

The proper hamstring stretch means finding some rope and hitting the floor.

**THE MOVES:** A two-position hamstring stretch using a rope or similar tool.

**WORKS ON:** Stretching the hamstring muscle and hamstring tendons.

**SETUP:** Get a piece of rope or strap about 5 to 6 feet long. Lie down on your back with knees bent, head on the floor. Bring one knee to the chest, loop the rope around the foot and hold a tail of the rope in each hand. Lower the foot back to the ground.

**HAMSTRING STRETCH** - Firefighter Dave Orozco stretches his hamstring muscles using a strap or rope in a two-position exercise. CNS Photo by Nadia Borowski Scott.

**STEP 1:** Tighten the abs and flatten the lower back to the floor. Use the rope to lift the leg until a hamstring stretch is felt. Keep the knee completely straight. Straighten and lower the opposite leg to the floor. Pull the stretching leg higher to increase the stretch.

**STEP 2:** Keep the opposite leg and lower back flat to the floor. Allow the stretching leg to bend and bring the knee to the chest. Shorten your grip on the rope. Use the rope to hold the knee close to the chest, but push against the rope and try to straighten the knee against the rope's resistance.

**REPETITIONS:** Perform three to five straight and bent-knee stretches to each leg. Hold each stretch 30 seconds.

**PRECAUTIONS:** Keep your head on the ground and neck relaxed. Do not hold your breath.

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