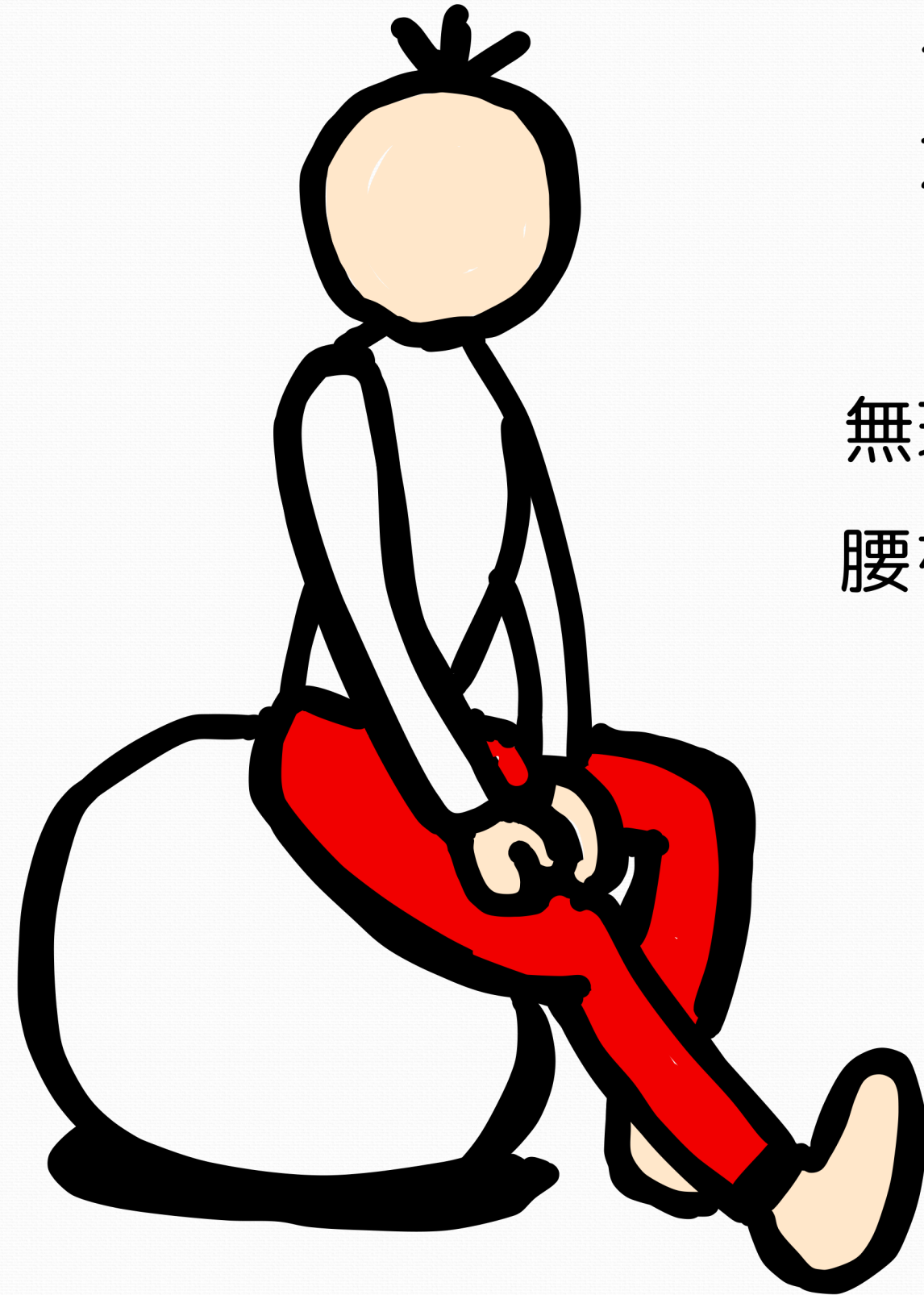


ハムストリングスストレッチ

1. 片足を伸ばし爪先を立てる
2. 体を無理なく倒し、太もも裏の伸びを感じよう



無理のない範囲で倒す
腰を丸めない

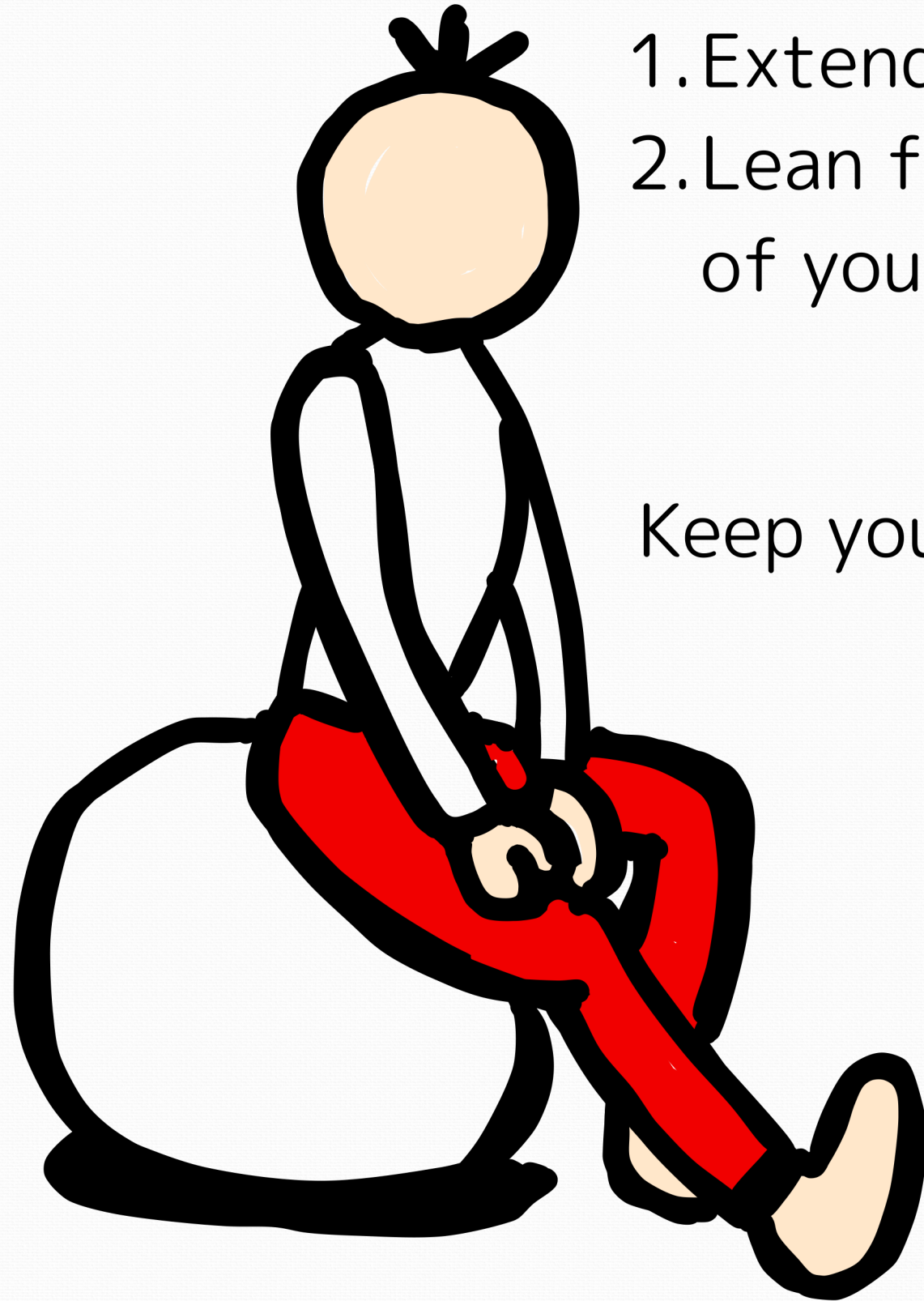


目線は足先へ

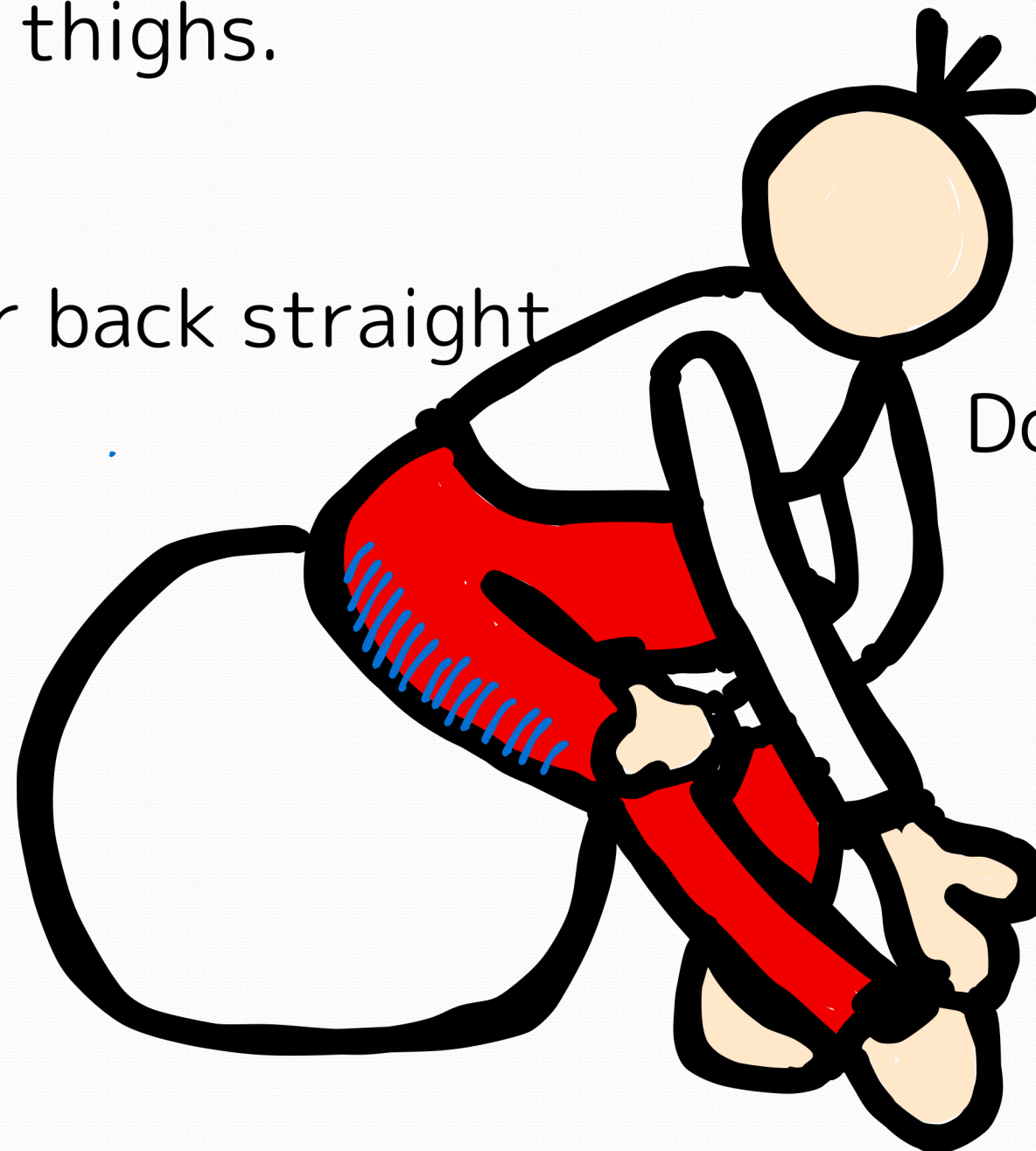
ここ伸ばす

Hamstring stretch

1. Extend one leg forward and point your toes.
2. Lean forward gently until you feel a stretch in the back of your thighs.



Keep your back straight



Do not force yourself to go too far.