Standing Hamstring Stretch with Spinal Rotation

This is an advanced stretch. Be careful not to overstretch. Step your feet apart as shown. Bring your left hand to the outside of your right ankle. Rotate from your hips and square your shoulders to the right side. To further the stretch, lift your right hand into the air. Look to the right side or toward your right hand. Keep your knees straight but not locked. Repeat on the opposite leg.