

Favorite stretch of Chris Carmichael – trainer of Lance Armstrong.

To complete one of my favorite hamstring stretches, lay on your back with your left leg straight up against a doorframe, with your heel resting against the frame. Your right leg should be sticking through the open doorway, and can be straight or bent (this is why you want to do this stretch in a doorway instead of against a solid wall). Scoot your hips toward the doorframe and raise your heel to keep your leg straight, until you feel a good stretch in the back of your leg. Stop and hold that position for 60 seconds. The idea is to gradually increase your flexibility until you can rest comfortably with your entire leg flat against the doorframe, at a 90-degree angle to your back. Do the same stretch with your right leg.