Hi, I'm Victoria Torrie-Capan. And this is the first class in our hamstring mobility class, so series. So if you have a difficult time straightening your legs in any of the pilates exercises, this is the series of classes for you. Today, Colton is working out with me, and he is a beginner, so we're all on the same page. And be patient. The first thing I have to say is be patient with yourself. And you will probably have to do this class multiple times, which is fine because they don't stretch out easily. It takes a long time. Okay, so you're gonna start out lying flat on your back, and you're gonna bend your knees and put your feet flat on the mat. Good. And you're gonna bring your feet just a little bit closer together. Sorry. Toward each other. Yeah. And a little bit open. So that's, like, your hips right there. You're going to bend your right knee into your chest and hold on behind your right thigh. So hold right there. Good. And extend your leg to the ceiling. Okay. So the first thing that happens is you see how the hip wants to come up off of the mat. Bend the knee and come in. Your hamstring attaches at your ischial tuberosity, your sits bone, the bone that you sit on. So the first thing we have to do is to get that down. So I'm going to give Colton a strap at home. You can use a towel or a belt. You're going to hold on the strap. Good. Now, before you push your leg up, I want you to think of pushing the back of your pelvis down on the mat. Like you're sticking your butt out into the mat. Yes. So the emphasis is not necessarily pushing your foot up in the strap, but it's pushing your butt down into the mat. And then bend the knee and come in. This is the first thing to think about whenever you're working with the hamstring. Extend the leg up again, but focus on pushing the back of your pelvis down. You have three hamstrings. There's three of them, and they all attach at the same place on your sits bone. So we're going to be doing some different stretches for the different hamstrings. And then bend the knee and come in. But the most important thing is, is you basically have to feel like you're sticking your butt out a little bit. One more time. Straighten, and focus on pushing the back of your pelvis down on the mat. Good. And then bend the knee in. And as you can see, his leg Got a little straighter as he did that. Other side. Left foot in the strap. Good. And then push the heel up and push the back of your butt down on the mat and bend the knee and come in and push the back of the butt down. Good. You also might notice, which you can see, Colton is a little more flexible on his left side, is that one side may be a little more flexible than the other. You can always go back. So we'll go back and stretch his right leg again. So we'll do right, left, and then go back to the right one more time. And then stretch up. Good. And push the back of the hip down and bend the knee and come in. We'll go back to the right side and then stretch the leg up and push the back of your butt. Yeah. Don't let it come up. Stick your butt out more, there like that. And then bend the knee and come in. Did you feel a difference in the stretch? And again, push your butt out away from you other direction and then come in. One more. Push the back of your pelvis down on the mat. Yes. Perfect. And then bend the knee and come in. Now you're going to do both feet in the strap together. Okay.

And again, you have to think of driving the back of your pelvis down into the mat as you push your heels to the ceiling. The emphasis is not the heels going up. It's the pelvis going down. You're going to push the heels up towards the ceiling and the butt back to the mat. Good. And then bend the knees and come in. And then stretch the legs up and come in. This, of course, is one of the hardest things, is when you do exercises like the hundred, or any of those basic exercises is holding your legs in the air and keeping them straight. So in the beginning, I recommend using a strap or a towel or belt like we talked about. Extend the legs up to support the legs so that you can focus on pushing the back of your pelvis down as you extend your heels one more time. Good. And then bend the knees and come in. And we'll take the strap off. Good. Roll to your side and come up to sitting. So we're just doing a few basic skills before we get into the exercises. Now you're going to extend your legs out in front of you, and you're going to do very similar with seated. So you're going to hold on the strap, you're going to bend your knee and slide your heel along the mat right there. Now you have to feel like you're leaning more forward and you're sticking your butt out behind you a little bit. Good. You feel my finger in your middle, your lower back. Push your belly button forward towards your thigh. That's it. Now your back is straight. Now slide your heel along the mat and try not to round your back. And then bend the knee and come in. So this is the other thing that accompanies the tight hamstrings is the tight lower back. So when you straighten the leg, you have to push your lower spine up. As you straighten your leg out, sometimes it feels like you're pushing your belly button forward. But what you don't want is to straighten the leg and let your back slump like that. Yeah, that you're doing it correctly. Good. And then bend the knee in and we'll do the other side. Good. And then straighten. Then come in. Good. And straighten. Lift your lower back. Very good. One more. And then both feet together just like we did lying down. This is a little tougher yet. Right there. And now straighten and lift your lower back. If you have experience on the equipment, this might look like the stomach massage, which is quite hard with tight hamstrings as well. So this is a great exercise to do to help you with the flexibility for that exercise. One more. Good. Okay. Now you can walk your hands up and you can round over your legs. Round forward. Good. Keep the feet. Keep the feet on the. Yeah, Keep the hands on the strap. Now I'll let you round so you can walk your hands up here and round your body over your legs. Round forward. Good. Pull your toes back. Good. Now you're going to focus on pushing the hamstring, the back of your thigh, down to the mat. Good. Yes. So it's easier for him to get his legs straight for you, too, if your back is rounded. Now you're going to flatten your back out trying to keep your hamstrings down. So you're going to pull your chest forward, forward, and then round your back again. Round forward. Good. Now flatten out your back. Pull your chest forward. And think of sticking your butt out as you pull your chest forward. Very good. And then round your spine. So now we're keeping the legs straight and we're moving the spine. Pull your chest forward. Stick your butt out. Pull your toes

back. Push your hamstrings down. And then round your spine. Exhale, exhale. Don't hold your breath. One more. Chest forward, butt back, Hamstrings down. There you go. And relax. Good. We'll take that out. Good. Now lie down on your back and bend your knees. Okay, the first exercise is the hundred. Bring your feet and knees together. Now reach your arms forward towards the tops of your thighs. Good. You're going to look down with the. With your eyes. Look down. Good. And now curl your upper body off of the mat. Good. And reach for the tops of your knees. Try to touch my hand. Good. So you're here. You're just curling your upper body up. Now push the back of your pelvis down just like we worked on before. Excellent. So you don't want to tuck your pelvis. You want to use your upper abs to curl up. Exhale. Don't hold the breath. Good. Now. Now you're gonna lift your feet just off of the mat. Hold the legs there. And now pump your arms up and down by your sides like this. Good. Now take a deep breath in. And slowly exhale. 5, 4, 3, 2, 1. Deep breath in. And you control the exhale. 5, 4, three, two, one. Deep breath in and exhale. Five, four, three, two, one. One more time. Deep breath in. And exhale. Five, four, Three, two, one. Bend the knees in and rest your head. Great. Come up to sitting. And then you're going to put the feet in the strap again. Feet together, straight legs. And now try to lift your back up just like you did before. Pull your toes back. Push your hamstrings down. Now round back halfway. You're going to roll back round your spine like you're doing a reverse sit up. So push your belly back into my hand and roll back towards the mat this way. So you're rounding back. Good. Now when you feel your feet start to come off of the mat, flex your feet. Push your heels forward. Good. Now round, forward. Sit up tall. Now pull the stomach in and round back. Like the reverse of a sit up. Round, backwards. Good. When you start to feel the feet come up, push the heels forward. Round, forward. Sit up tall. And again. So you see, we're not worried about how far down he's going. We're focused on keeping the legs straight. Round forward and sit up tall. And again. Round back. Round back. Round back. Very good. And then come up. Last one. And then round back and come up. Good. Now we'll take this away and bend your knees. Put your feet flat on the mat. Reach your arms straight out in front of you. Now you're going to do the same concept. It's basically the reverse of a sit up without the strap. You're going to roll back halfway. When you feel your feet start to come off of the mat, you stop and then you come forward and again, roll back and come forward. Let's move your feet a little forward. Try that. Good. That's it. And you'll feel this part where your legs want to come off of the mat. Go back there. Exhale, pull your belly in and then come up. Good. Last one. Roll back, exhale, pull the belly in and come up. Great. Lie all the way back down to the mat and let's go back. Bend the right knee into the chest. Put the foot in the strap here. Hold on. And you're going to extend the right leg up to the ceiling again. And try to push the back of your hip down on the mat. Great. Really good. And then bend the knee and come in. And then straighten the leg and push the back of the hip down. Yes. And bend the knee and come in. One more straighten. Push the back of

the hip down to the mat. Good. Now you're going to keep your foot in the strap. And you're going to do little circles with the leg. You're going to cross the leg towards me. Go down around and center. So you're circling the leg in your hip joint. The hardest part is keeping the back of your pelvis down on the mat the whole time. And then go the other way. By having the strap on your foot, it closes the kinetic chain so it's easier for you to focus on keeping the back of your pelvis down so you can let the leg move without letting the pelvis come up. There. That's much better. Excellent. That's right. And then bend the knee and come in there. That got better as you went along. Good. Other side. Okay, straighten the leg up. So now you know the rules. You're trying to push the back of your pelvis down. Good. And you're going to circle the leg. Yep. And all you're focused on is trying to keep the back of that pelvis down on the mat as you circle the leg. Excellent. And then go the other way. And then bend the knee and come in and take that out. Good. Okay, now bend both knees into the chest. Hold on behind your right thigh with both hands. And you're going to lift your head off of the mat again, just like you did before, like a little half curl. Extend your left leg out in front of you. And now switch. Bring the other leg in and hold on. And then stretch that leg out. Good. And then switch. And switch. Good. Keep going. Let's bring the legs a little higher up here. Good. And then switch so that you can keep your pelvis down on the mat. And then switch there. That's good. And switch. And then focus on curling up with your upper ribs, your upper abs. And then switch. And switch. And switch. Perfect. And switch. And then bring both knees in and rest your neck. Good. You can put your feet down for a moment. Okay. Is your neck doing okay? Yes. Perfect. Reach your arms forward to the tops of your knees again. Good. You're going to do your up curl into your upper abdominals, but keep your pelvis down. Stick your butt out a little bit. Yeah. There it is. Perfect. Now you bring the knees in, and you keep your pelvis down. You hold on the tops of your knees. Good. Heels are going to be together. Stretch your legs out in front of you. And then bend the knees in. Grab onto the tops of the knees. Perfect. And again. Stretch the legs out and in and stretch out and in and stretch out and in. One more stretch out and in. And then rest your head. Good. Hold on behind your right thigh again. And now try to push the back of your pelvis down and extend your leg up to the ceiling. Keeping the back of the pelvis down. And bend the knee and come in and extend the leg up. And bend the knee in. Good. With your pelvis and extend the leg up and bend the knee and come in. Bring the other leg in. Good. Much better. And extend the leg up and come in. So now we don't have the strap. And it's much easier for Colton to keep his pelvis down because the strap gave him the feeling of pushing the back of his pelvis down. Good. And then bend the knee and come in. Good. Come up to sitting. And now you're going to put this. I'm going to fold the strap in half so it's shorter. You're going to extend your legs out and put this underneath your feet again. And you're going to have your legs out. You're going to hold on here. You're going to bend your knees in and round your spine. So round your back. Yeah. Now

straighten your legs forward and round your back. Good. And then bend the knees. Drag the heels in. Round your back. Good. And now straighten the legs out and round your back. Good. Do two more. Flex your feet. Pull the toes back. Now push your heels down into the mat and away from you. There you go. So use your legs. And again, bend the knees and push the hamstrings down. Good. Now stay here. Flatten your back out. Pull your chest forward. And now round your back. And now when you round, you can push your hamstrings down a little more. Good. Now try to keep your hamstrings down the back of your thighs. Down on my hand. And now flat. Flatten out your back. Good. And then round your spine. And then flatten out your back. Push the hamstrings down and then round. Good. Now you're gonna bend the knees and round your spine again three more times. Round, straighten your legs and round forward. Bend the knees. Good. And think of pushing your butt bone, those two bones in the bottom of your butt. Think of pushing them down in the mat. Remember, that's where your hamstring attaches. So you have to anchor that. Yes, that was even better. So you anchor the attachment of the hamstring. Bend the knee. Push your butt into the mat as you straighten your legs forward. Good. Now push the hamstrings down. Now flatten out your back without bending the knees. Try to keep them straight and bend the knees. Sorry. Keep the legs straight round your spine. Now think of pulling your belly button forward when you flatten out your back. Next time. Time without bending the knees. Good. And then round your spine. Pull your lower back forward. Push your heels forward. Pull your toes back. And then round your spine. One more. Good. Now round your spine and see how far up. Round. See how far you up. You can walk your hands towards your toes. Yep. Keep going, keep going, keep going. There you go. Pull your toes back. Stick your butt out a little bit. You're pretty close. Push your legs down. Give me two more weeks and I'll get you touching your toes. There you go. Now push down and relax. Good. How'd that feel? Very good. Okay, open your feet and put them in the middle of these boxes here. If you're at home, you're just going to have your legs slightly outside. Good. Now I just want. Straighten your legs for me so we can. So it's hard when you have tight hamstrings to sit up straight in this position. So we're going to bend the knees so that you can make your back straight. Good. And then we're going to use this strap again, this very useful strap. You're going to put it on the arches. And you're going to use the strap and try to lift your back up. My leg is a wall and you want to lift your back up against a wall. Good. I'm going to get these things out of the way. They're going to be in the way because we're going to slide your heels forward. So start with the knees bent. Bend your knees. It's the same concept as what we did before. Lift your back up. Good. Now, keeping your back straight, push your heels away from you. So if you're home, you can put your back against a wall and do this because you don't have my leg. Good. And again it's the same thing we just worked on before. You're trying to stick your butt out a little bit and lift your back up. So use a wall to support yourself. Get your pelvis into the crease of the wall. Do your best to get your back straight, and then straighten your legs

away from you as you keep lifting your back up against the wall. Now keep the legs as straight as you can. And now flex and point your feet. Keep the legs straight now, so straighten them out. Now point your toes. Go forward with your toes, and then pull them back. Go forward with the toes and pull them back. Go forward and back. Good. Now keep using your strap, and try to pull your belly button forward. Nice. There you go. Now you're straight. Good. Now flex the feet. Pull the toes back this way. And now pull your belly button forward. Push your hamstrings down, and lift your chest up and relax. Great. Let this go. Now bend your knees. Sorry. On the outside of the mat. Bend the knees just. Good. Now put your arms out in front of you and try to make your back straight. Now you're going to try to do it without the strap. Try to straighten your legs. Perfect. And then bend the knees. Lift your back. So if you're at home, this is where you would come away from the wall and try to reproduce the feeling of your back being against the wall. Now straighten the legs and keep lifting your back up. One more, and then relax. Good. So another prop you could use is, if this is still difficult for you, is to get a yoga block or some sort of lift. A pillow is probably a little bit too mushy. You could use a few books. I'm going to have you sit on top of these two blocks by lifting the pelvis. It's going to be a little bit easier to straighten the hamstrings. So extend your legs out in front of you. So if you had a hard time sitting up straight, extending your legs, Colton did a fantastic job. But if you couldn't do that, you would sit on top of. You'd get some big, fat books and sit on top of them. You just want to elevate your pelvis off of the mat, and it's going to be much easier for you to lift up out of your lower back again. The priority is, is keeping the back lifted as you straighten the legs. Okay. So you just have to be clear about what you're trying to do. Okay. Take a step off. Thank you for demonstrating that. Great. Okay, now you're going to lie down on your back. You're Going to put the strap on your feet again, holding on the ends of the strap. Good. You're going to bend the knees into the chest and push the back of your pelvis down on the mat. Bring the chin to the chest and curl your upper body up. But don't let your tailbone curl up. Good. Remember, push the. Push the insertion, the origin down so you're pushing your butt down on the mat. Good. There you go. Now stretch your legs out in front of you. Good. Pull the abs in, but push your butt down. Nice. Very, very good. And then lower the head. Keep the head down. And again push your heels forward and bring the chin to the chest and curl up. Try not to move your pelvis. Good. And then lower the head and come down. One more time. Try not to bend the knees or move the legs. Just isolate your upper abs and do a curve curl, like a half of a crunch. And then come down and then bend the knees in. Great. Now take this out. Come up to sitting. Same concept, but it's a little bit different. You're going to bend your knees. You're going to hold on behind your thighs. You're going to rock to the back edge of your pelvis. So you're going to. There the feet come off. Perfect. Lift your feet off just a little bit. Good. Sorry. Hold on. So you're putting the strap on your feet. Now you're going to lift your back the

same way you did before. Now you're going to roll back halfway round your spine and round back a little bit. Your goal is to touch your lower back to the mat and then come up. Use your abs. Good. Now try not to move the feet. The strap and the feet stay still. You round your trunk back. And now you use your abs to come up. Good. Try not to bend. And straighten the knees. Keep the knees bent and then come up. That's it. One more, one more and go back and then come up and then rest. Put the feet down. We take this away. You do the same thing without the strap. Okay. So you rock behind your pelvis, reach the arms. Yep. Go halfway back and up. So this is very. This happens with the tight hamstrings, is this. There's a spot in your lower back where you feel like you're gonna fall. And the legs straighten. Keep the knees bent and just work on your upper abs. One more. The other thing you could do is put your feet on a wall. I'm going to be the wall. And you put the feet on the wall. And you can come halfway up without moving the feet. The wall acts the same way. Sorry. I'm making you do a few more. Go back and come up. And again. That's great. And then rest the feet. Great. How do you feel? I feel tired. Let's see if you can. How close you can get to your toes now. So this is what you're going to do. You're going to keep your feet. Bend your knees, put your hands over your feet. And now slide your heels forward. There you go. That's okay. And then bend the knees again. Now, remember about the sticking the butt out thing? Okay? So just don't think about pushing your heels forward. Think about. There you go. One more. That's it. And relax. Great. Now come up to standing. This is the other thing you can do. You're going to actually wait. Turn over here. Put your hands on this wall here and walk your feet out so you're in a flat back. I'm going to slide this away. So put your hands on the wall, stick your butt out. So same thing. Stick and out. Lower your chest down a little bit more so you have a flat spine. Walk your heels forward half an inch, actually. Now stick. Bend your knees and stick your butt out there. Now your pelvis is in the right position. So you want to feel like you're pushing your sits those two bones in the bottom of your butt behind. Nice. Now you're going to straighten your legs. Keep pushing your sits bones back. So your back is going to want to round. You want to try to keep your back flat. That's flat. Your belly button is going down towards the mat. And now think of pushing your sits bones back instead of pushing your knees back. So push back here. There. That's it. And again. So the same thing that you did on the mat, you're trying to push the origin away instead of pushing at the knees. One more. Push your butt back to straighten your legs. Good. Now you can walk your feet in a little bit and walk your hands down the wall. Good. See how far down the wall you can walk your hands. Can you get to the floor? That's it. And then walk the hands back up. Good. And again. Walk the hands back down the wall. Now lift your toes up. Flex your. That's it. And then walk the hands back up. Good. Now straighten out the arms and walk the feet back just a little bit. Stick your butt out again. Good. That's it. Nice. Now try to straighten your legs. Sticking your butt out a little. Nice. Good. One more. And then walk your feet forward and come up to standing. Great

work. You feel good. I do. It's sweaty in here. Thank you. And I'll see you in the next class. And we'll put more progressions onto stretching out your hamstrings.