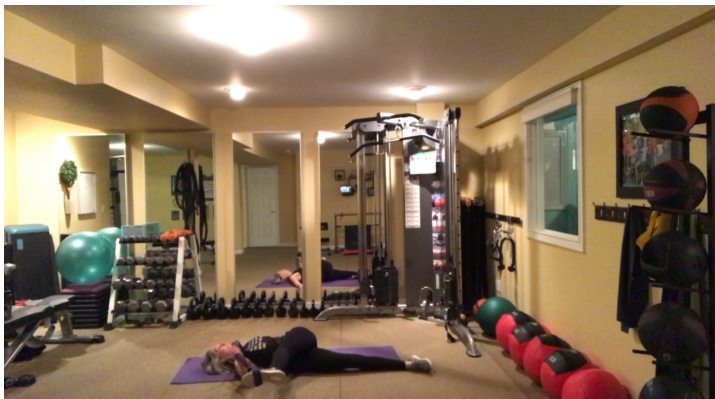




Hamstring stretch



Hip and hamstring



Inner thigh and  
hamstring