

Use hyperextension to your advantage--without letting it get the best of you.



Start by standing sideways to a mirror. Tie a Thera-Band in a loop around your legs and the leg of a barre. Stand in parallel, facing away from the barre with the Thera-Band just below your knees. Step forward until you feel the Thera-Band pull your legs back, but be careful not to let your knees give in to your hyperextension. Looking in the mirror, resist the backwards pull until your legs have reached a truly straight line. Maintaining this leg position, relevé a few times in parallel, then try the exercise on one leg at a time.