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### THE EFFECT OF A 7-WEEK PROGRESSIVE YOGA INTERVENTION ON HAMSTRINGS FLEXIBILITY

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#### *Abstract*

**Purpose:** To determine the effect of a 7-week progressive yoga intervention on hamstrings flexibility using a digital goniometer. It was hypothesized that hamstring flexibility will increase in as healthy young adult population. **Methods:** Thirty-one college-aged males and females ( $M= 21 \pm 2.62$ ) years participated in 110 minutes twice per week for a 7-week progressive yoga intervention. Pre and post-test measurements were taken to determine hamstring flexibility on the right and left leg using a digital goniometer. **Results:** A paired samples *t*-test indicated a significant difference in the pre and post-test on hamstring flexibility ( $p < .000$ ). Results for the right leg pre-test ( $M= 78.29 \pm 7.98$ ) and post-test ( $M= 82.99 \pm 6.92$ ) and from the left leg pre-test ( $M= 77.41 \pm 8.64$ ) and post-test ( $M= 81.67 \pm 7.74$ ) indicated an improvement after the intervention. Average range of motion increase was 4 degrees in both legs. **Conclusion:** Hamstring flexibility can be improved with a progressive 7-week Hatha yoga session and may be used as a modality to improve flexibility and function in activities of daily living as well and athletic performance.