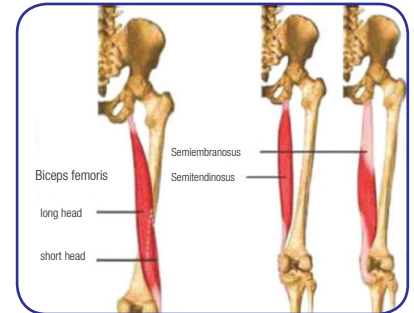
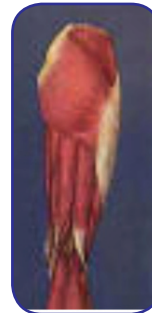


Hamstrings

The Hamstrings are actually comprised of three separate muscles:

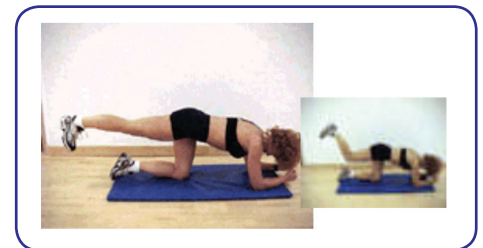
- Biceps Femoris
- Semitendinosus
- Semimembranosus

These muscles originate just underneath the buttocks on the pelvic bone and attach on the lower leg. The primary functions of the Hamstrings are knee flexion (bringing the heel towards the buttocks) and hip extension (moving the leg to the rear).



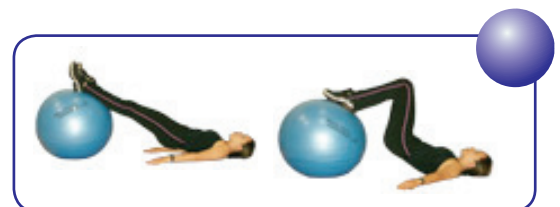
KNEELING LEG CURL

- Support yourself up by resting one knee and foot on the floor and both hands slightly wider than shoulder width apart, palms facing forward
- Keeping one leg off the floor, at about shoulder height, bend at the knee bringing your foot up towards your head
- Throughout the exercise aim to keep your back straight, and look down towards the floor at all times
- Repeat on both sides



STABILITY BALL LEG CURL

- Lay on the floor with your legs outstretched and your feet and calves on the Fitness Ball
- Press your heels down firmly onto the Fitness Ball, bend your knees and roll the Fitness ball in towards your buttocks until your feet are flat on the Fitness Ball
- Pause and slowly return to starting position
- Do not allow the buttocks to rest on the floor between repetitions
- For added difficulty and balance development, extend one leg in the air above the ball and execute the move one leg at a time
- Switch sides and repeat



SQUATS

- Keeping the head up and the back straight bend your knees until they reach no more than 90° then straighten
- Ensure your knees do not come forward over the front of your toes
- Extend both arms forward to assist with balance when doing a squat
- If required hold on to a secure handle/door frame, etc for better balance
- This exercise can be done with the stability ball, dumbbells and barbells!



STANDING LEG CURL – CABLE CROSSOVER

- Start the exercise by standing tall with a low cable attached to one of your ankles
- Maintain a straight back as you bend your leg to a right angle without moving your hips
- Squeeze your hamstrings at the midpoint position and then lower your leg to the finish position
- Remember to repeat for the other side



STIFF LEG DEAD LIFT

- Start the exercise by standing tall with a close stance and slightly bent knees as you hold a pair of dumbbells at your sides
- Lower your upper body while you keep your knees slightly bent in position until the dumbbells pass your knees
- Rise upwards from the midpoint position to the finish position where you're standing tall
- If you prefer you can hold onto a barbell instead of using dumbbells

