

BLAST THE HAMSTRINGS

Hamstrings are important in your everyday activities. It's important to keep them strong and flexible to prevent injury. Each exercise below focuses primarily on the hamstrings and also on the glutes. You can try these three exercises at home to bring those hamstrings to the next level. Train hard, play hard!

1. STABILITY BALL LEG CURL

Lie flat on your back with your heels on a stability ball and your glutes and lower back off the floor. Place your hands against the floor for stability. Curl your knees to bring the ball towards your glutes until your legs are at a 90 degree angle. Extend your legs back to the original position. Repeat nine times. Aim for 2 sets of 10.

Note: Be careful not to let your lower back and glutes touch the floor in between repetitions. Also, foot placement can be adjusted on the ball to increase and decrease the intensity.

For an extra challenge, take your hands off the floor. This will challenge your core stability.

2. STABILITY BALL BRIDGE

While lying flat, place your feet flat on the ball with your legs at a 90 degree angle. Raise your glutes off the floor and hold for two seconds and then lower your glutes again to the original position. Repeat nine times. Try 2 sets of 10.

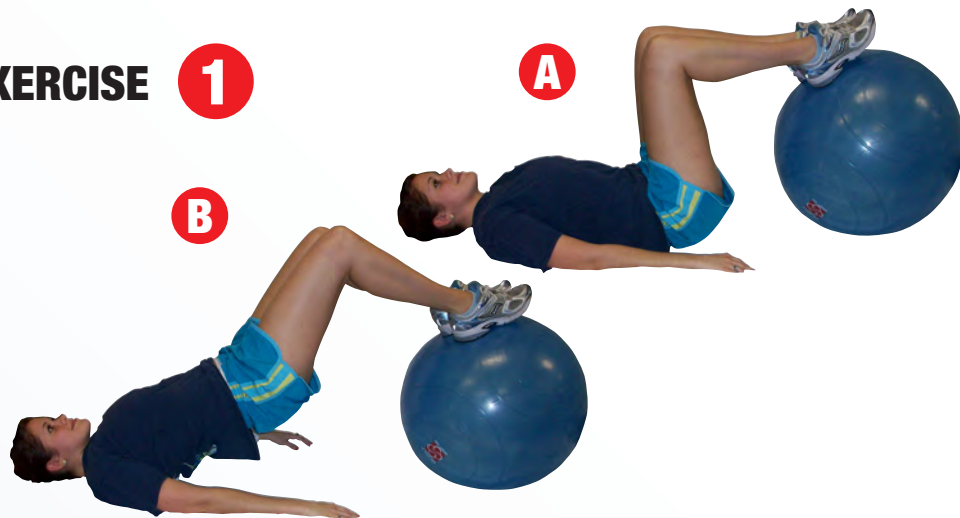
3. GLUTE HAM RAISE

This exercise can be done with a partner or can be done by locking your feet securely under a sofa. Begin the exercise kneeling with your body straight, from head down to your knees. Now, extend your legs by lowering your upper body to the ground. When your body reaches a 45 degree angle, extend your arms to soften your landing. Explode by pushing up and using your hamstrings to come back to the original position. Repeat nine times. Try 2 sets of 10.

Note: When going down and coming up, make sure you don't bend at the hip. Beginners can start with a step bench to land on with their hands.

Model: Alexis Weilbaecher

EXERCISE 1



EXERCISE 2



EXERCISE 3

