



Hamstring Help



1. Bicep Curl To Shoulder: Starting Position: Stand shoulder width apart on the ground or on a bosu ball. Hold dumbbells in your hand so your palms face the ceiling. Ending Position: Bring your right palm to your left shoulder, keeping your elbow right next to your side. Bring your right arm down to your side and switch arms. Start off with 2-3 sets of 12-15 reps.



2. Lying Leg Curl: Starting Position: Lye onto the bench threading your legs through the pads on the end of the bench. The pads should not rest right on top of your kneecap, the pad should be right above it. Ending Position: Keep your hips pressing into the bench and bring your heels to your glutes. Lower back down to the starting position. Keep your upper body relaxed.



3. Lying Leg Curl: Starting Position: Lye onto the bench threading your legs through the pads on the end of the bench. The pads should not rest right on top of your kneecap, the pad should be right above it. Ending Position: Keep your hips pressing into the bench and bring your heels to your glutes. Lower back down to the starting position. Keep your upper body relaxed.



For more information, ask one of your certified personal trainers