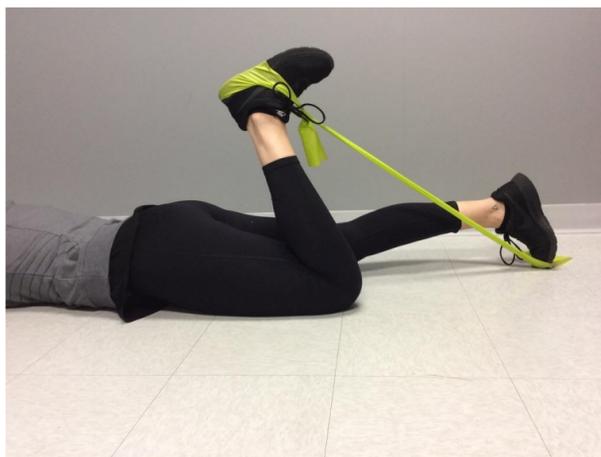
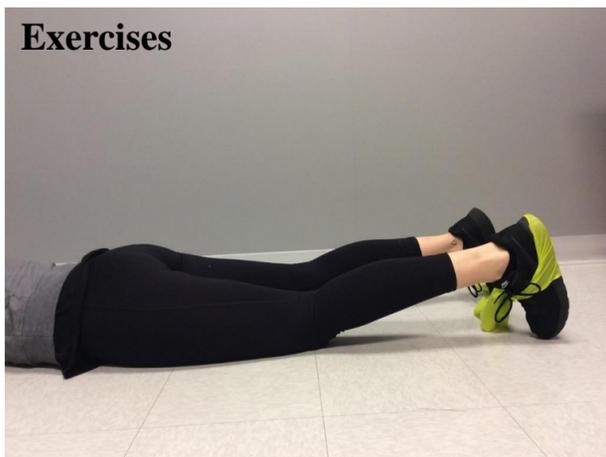


Hamstring Stretches & Exercises

Stretches

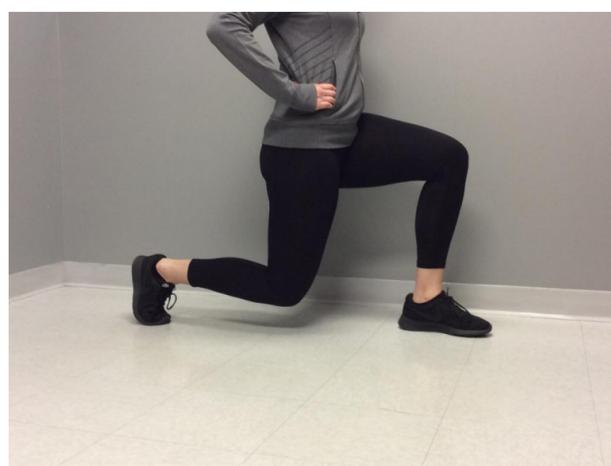


Exercises



Hamstring Curl: With your core engaged, slowly raise your heel to your back, either lying down or standing, and then slowly return to the beginning position. You can do this with or without resistance (bands or weights). Continue on Both Sides

Bridges: While lying with your knees bent and your feet shoulder-width apart, tighten your hamstrings and glutes to gradually raise your hips off the floor and into alignment with your shoulders and knees. Descend to the starting point gradually.



Advanced Single leg Bridges: Follow the preceding instructions, but begin by raising one leg off the ground and then your hips. More gradually lower to your starting posture, then exchange legs.

Lunges: Step back and forth between the two legs, keeping your knee from crossing your toes and maintaining a straight posture throughout the whole process.



Nordic Hamstrings: Keeping your feet secured, lower your torso to the ground as slowly as possible. Get into a push-up stance to catch yourself when your hamstrings feel like they can no longer sustain your weight and you are about to fall.