

Hamstring Stretches & Exercises

STRETCHES



EXERCISES

Hamstring Curl

Either Lying Down or Standing
With or Without Resistance (Bands/Weights)
Keeping your Core engaged, slowly bring your heel up to your back, slowly return to starting position. Repeat on Both Sides



Bridges

Lying with feet shoulder width apart and knees bent, contract your core then contract glutes and hamstrings to slowly raise hips off of the ground to be in line with shoulders and knees. Slowly lower down to start position.

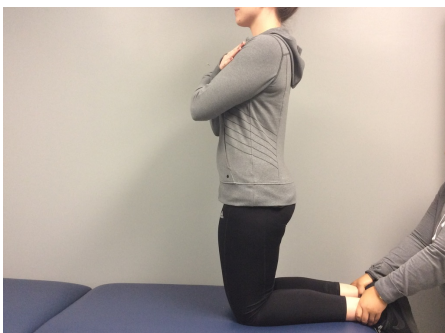


* Advanced* Single Leg Bridges

Perform as instructed above but start by lifting one leg off the ground then raise hips off of the ground. Slower Lower to start position and switch legs.

Lunges

Alternate between both legs, make sure your knee does not go over your toe and you stand tall throughout the whole movement.



Nordic Hamstrings

Keeping your feet secured, lower your torso to the ground as slowly as possible. When your hamstrings feel like they can no longer support your weight and you are falling, catch yourself in a push-up position.

