Title: TRX Suspension Strap Hamstring / Leg Curls

Primary Muscle Groups: Glutes &amp; Hip Flexors, Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Calves

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lie on the ground with a TRX Suspension Strap at your feet. Lift both your feet into the strap, making sure they are secure. Tighten your core and place your hands at your sides.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Drive your hips up while maintaining a straight line with your body. Curl your feet in, moving them towards your butt. Maintain balance with your hands on the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your feet reach your butt, slowly extend your feet back to the starting position. Do not allow your hips to drop. Contract the core during the entire movement.</span></li>

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