Title: Stability / Swiss / Exercise Ball Hamstring Leg Curl / Hip Raise / Bridge

Primary Muscle Groups: Hamstrings

Secondary Muscle Groups: Abs, Glutes &amp; Hip Flexors

Summary: <ol>

<li>Lie with your back flat on an exercise mat and your feet resting on top of a Swiss ball.</li>

<li>Use your feet to roll the ball away from you until your legs are fully extended and your ankles are on top of the ball. This is the start position.</li>

<li>Keep your shoulders flat on the ground and press down with your feet to raise your hips off the floor.</li>

<li>Bend your knees, so that the ball is pulled towards you and continue as far as is comfortable. Hold for a count of one.</li>

<li>Return to the starting position by extending your legs until they are straight.</li>

<li>Repeat.</li>

</ol>