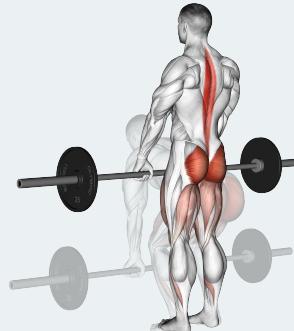


HAMSTRINGS WORKOUT



① Seated Leg Curl

- Adjust the back pad to line the knees up with lever arm pivot point, position roller just behind ankles.
- Flex the knee joint to bring the roller downward and underneath the body, ensuring that the hips do not raise up off the pad during the movement.
- Return to start position under control, ensuring the knees do not hyperextend.



② Deadlift

- Grip with an overhand or mixed grip, elbows tucked to rib cage, lats engaged, brace core.
- Bend your knees and sit your hips back until you feel the hamstrings engage, keep the hips weight on your heels, pull shoulders back and down, maintain a neutral spine.
- From here, extend the knees and hips simultaneously, ensure the back does not round and a neutral spine is maintained.



Lunge

- Keeping the torso straight, step forward into a split stance position, the heel of your back foot should be raised.
- Bend both knees to lower slowly until your back knee almost touches the floor, then push all the way back up to the start position through heel of the front leg.
- Complete all your reps on one leg, then switch to the other.



① Lying Leg Curl

- Lying in a prone position, line knees up with lever arm pivot point, position roller just behind ankles.
- Flex knee joint to raise the roller up towards the upper body, ensure that the hips do not raise up off the pad during.
- Return to starting position under control, ensure that the knees do not hyperextend.



② 45° Leg Press

- While sitting at a 45° angle, place feet completely on footplate, slightly wider than shoulder-width apart, toes slightly turned out, keep core braced and eyes looking forward.
- Pushing through the sole and mid foot (not the toes), extend legs fully but do not lock your knees.
- Lower under control, avoid rounding the lower back at bottom of the movement.



KEY:

FX



FW



BW



ISO



COM

