



Hamstring Exercises

There are simple exercises that can be done using little equipment to strengthen and lengthen the hamstrings and improve health of the lower body, spine, and core.



PRONE CURLS

Using either a machine or lying on your stomach with the legs stretched out straight, bend at the knee bringing the heels toward your butt.

Slowly lower and repeat. Be sure to keep your pelvis slightly tucked under to avoid arching your back.

SWISS BALL CURLS

Lying on your back, place your heels at the top and center of an exercise ball. Engage the core and press your heels into the ball to bring your hips off the ground.

Starting in this position, keep the hips elevated as you bring bend at the knee to your heels toward your butt, keeping the heels in contact with the ball. Slowly return to the starting position and repeat.





DEAD LIFTS

Starting with feet hip width apart, hold a weight in front of you with the palms facing in toward your thighs. Keeping a slight bend in the knee, pull your hips back so that your upper body lowers and your butt pulls back. The movement should come from a hinge at the hips.

Pause at a point that feels comfortable, and squeeze the buttocks to bring your hips back to starting position.



SINGLE LEG DEADLIFT

Using the same concept as a standard deadlift, perform this one using one leg planted to add a balance challenge. As you hinge forward, maintain a slight bend in the planted leg, and allow the other leg to extend behind you.

Be sure to engage your core throughout the entire movement and keep both sides of the hips facing square to the ground.



Get more » @santacruzcore



www.santacruzcore.com