

## Hamstrings (bands)

### Stationary Lunge with Fit Band



#### **Exercise Description:**

Stationary Lunge with Fit Band

#### **Classification:**

Hamstrings (bands)

#### **Instructions:**

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place fit band under front foot and hold the other end with your hands.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
- 4) Return to start position.

### Squat with Fit Band



#### **Exercise Description:**

Squat with Fit Band

#### **Classification:**

Hamstrings (bands)

#### **Instructions:**

1. Start by stepping on the FitBand with both feet shoulder width apart.
2. Hold the FitBand at shoulder level with both hands. Start into a full squat while

holding the band at shoulder height.

3. Return to the starting position and repeat for the prescribed repetitions

### **Forward Lunge with resistance**



#### **Exercise Description:**

Forward Lunge with resistance

#### **Classification:**

Hamstrings (bands)

#### **Instructions:**

1. Start by holding dumbbells in each hand as well as the handles of a band.
2. The band should be long enough to be draped in front of your shins.
3. Lunge across your body at a 45 degree angle so that while you are lunging your shin is getting resistance from the band.
4. Return to the starting position and repeat with your other leg.