

## Hamstrings (bodyweight)

### Squat Jump



#### **Exercise Description:**

Squat Jump

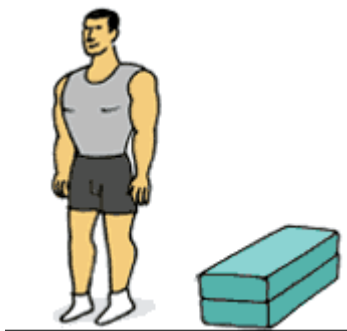
#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

- 1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
- 2) Arms should be in the “ready” position with elbows flexed at approximately 90°.
- 3) Lower body where thighs are parallel to ground.
- 4) Explode vertically and drive arms up.
- 5) Land on both feet and repeat.
- 6) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

### Lateral Lunge on Box



#### **Exercise Description:**

Lateral Lunge on Box

#### **Classification:**

Hamstrings (bodyweight)

**Instructions:**

Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.

Step laterally 2-3 feet and place foot onto a box 12-24" high. Bend knee into a lunge. Pushing off foot, return to start position. Continue with same leg or alternate as prescribed.

Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

**Lateral Step Down**



**Exercise Description:**

Lateral Step Down

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

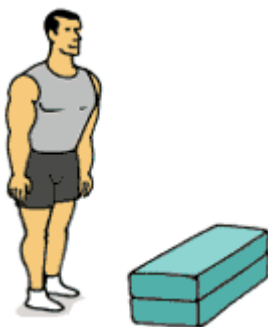
Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.

Step laterally 2-3 feet and place foot down onto ground. Bend knee into a lunge.

Pushing off foot, return to start position. Continue with same leg or alternate as prescribed.

Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times

**Lunge onto Box**



**Exercise Description:**

Lunge onto Box

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

- 1) Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.
- 2) Step forward 2-3 feet and place foot onto a box 12-24" high.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

**Barbell Box Step Up****Exercise Description:**

Barbell Box Step Up

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

1. Stand facing the box with a barbell on your shoulders. Place right foot on top of box.
2. Raise body using the right foot only until leg is extended
3. Lower to start position keeping the foot on top of box. Repeat with other leg according to exercise prescription.

**One Leg Squat**

**Exercise Description:**

One Leg Squat

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

- 1) Stand with feet hip width apart with knees slightly bent and toes pointing forward.
- 2) Start position: Lift one foot off ground and extend leg forward. Extend arms forward at hip level..
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ( $\sim 5^\circ$ ) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thigh is slightly above parallel (as shown) return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

**Glute-Ham Raise (w/ plate)****Exercise Description:**

Glute-Ham Raise (w/ plate)

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

1. Position body face down on apparatus placing hips and ankles on respective pads.
2. Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad. Cross arms and place on chest holding a weight plate.
3. Start position: Back should be parallel to ground with knees slightly bent.
4. Raise your body using your hamstrings until your upper body is vertical.
5. Return to start position.

**One Leg Box Step Up**



**Exercise Description:**

One Leg Box Step Up

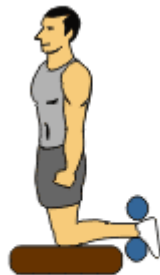
**Classification:**

Hamstrings (bodyweight)

**Instructions:**

1. Stand to the right of the box. Place left foot on top of box.
2. Raise body using the left foot only until leg is extended
3. Lower to start position keeping the foot on top of box. Repeat with other leg according to exercise prescription.

**Manual Glute-Ham Raise with Pushup**



**Exercise Description:**

Manual Glute-Ham Raise with Pushup

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

1. Position body face down on apparatus placing hips and ankles on respective pads.
2. Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad.
3. Start position: Back should be parallel to ground with knees slightly bent. Explode up in a pushup and start the movement to the vertical position.
4. Raise your body using your hamstrings until your upper body is vertical.
5. Return to start position.

**Single Leg RDL with DB**

**Exercise Description:**

Single Leg RDL with DB

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

- 1) Stand with feet hip width apart with knees slightly bent (at 20°).
- 2) Start position: Lift left foot off ground by flexing at the knee (foot should be behind you)
- 3) Bending at the hips, lower hands to approximately shin height. Keep knees bent at 20° throughout movement.
- 4) Return to start position. Complete recommended repetitions and switch legs.

Remember to keep back straight - movement should occur at the hip. To facilitate this, shift glutes back as if ready to sit down. Knees should not move forward beyond the toes or deviate laterally or medially. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

**Squat Jump****Exercise Description:**

Squat Jump

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

- 1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.

- 2) Arms should be in the “ready” position with elbows flexed at approximately 90°.
- 3) Lower body where thighs are parallel to ground.
- 4) Explode vertically and drive arms up.
- 5) Land on both feet and repeat.

Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

### **Alternating Split Squat**



#### **Exercise Description:**

Alternating Split Squat

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
- 2) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on waist.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
- 4) Switch feet in the air so that the back foot lands forward and vice versa.
- 5) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.

### **Lunge with ankle tubing and med ball**



**Exercise Description:**

Lunge with ankle tubing and med ball

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

- 1) Start position: Stand with feet hip width apart. Attach an ankle strap to both ankles. Hold a medicine ball in your hands.
- 2) Step backward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe.
- 3) Pushing off front foot, return to start position and raise the lunging leg into the air. Continue with same leg or alternate as prescribed.
- 4) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

**Lunge Crossover with Med ball****Exercise Description:**

Lunge Crossover with Med ball

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Hold medicine ball in front of your chest.
- 3) Lower body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor. As you are lunging reach to one side of the leg with the ball.
- 4) Return to start position and repeat by reaching to the opposite side with the ball. Alternate or switch to other leg after prescribed reps.

**Lunge Crossover with med ball and balance disc**





**Exercise Description:**

Lunge Crossover with med ball and balance disc

**Classification:**

Hamstrings (bodyweight)

**Instructions:**

- 1) Stand with feet hip width apart. Take leg and step back approximately 2 feet standing on the ball of the foot. Place the front foot on a balance disc.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Hold medicine ball in front of your chest.
- 3) Lower body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor. As you are lunging reach to one side of the leg with the ball.
- 4) Return to start position and repeat by reaching to the opposite side with the ball. Alternate or switch to other leg after prescribed reps.

**Prone Hamstring Curl with Ball**



**Exercise Description:**

Prone Hamstring Curl with Ball

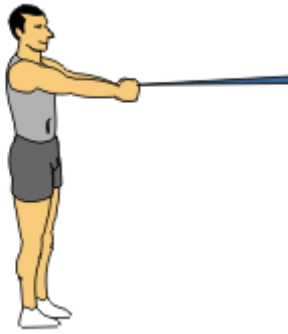
**Classification:**

Hamstrings (bodyweight)

**Instructions:**

1. Lie on your stomach and place a stability ball between your legs and hold it with the inside of your lower leg.
2. Curl your legs up while holding the ball until the ball reaches your butt.
3. Return to the starting position and repeat.

## Forward Lunge with fit band



### Exercise Description:

Forward Lunge with fit band

### Classification:

Hamstrings (bodyweight)

### Instructions:

- 1) Start position: Stand with feet hip width apart. Hold onto the band at chest level. The band should be secured to a fixed object.
- 2) Step forward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.

## Stationary Lunge on BOSU



### Exercise Description:

Stationary Lunge on BOSU

### Classification:

Hamstrings (bodyweight)

### 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 the other ball on top of a BOSU ball or balance board and balance disc.
- 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.

### **Bodyweight Reverse Lunge**



#### **Exercise Description:**

Bodyweight Reverse Lunge

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

1. Start by standing with your feet shoulder width apart.
2. Step back with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to about 90 degrees at the knee.
3. Maintain your upright posture throughout the movement.
4. Return to the starting position and repeat. Once repetitions are completed then repeat with the other leg.

### **Bodyweight Forward Lunge**



#### **Exercise Description:**

Bodyweight Forward Lunge

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

1. Start by standing with your feet shoulder width apart.
2. Step forward with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to about 90 degrees at the knee.

3. Maintain your upright posture throughout the movement.
4. Return to the starting position and repeat. Once repetitions are completed then repeat with the other leg.

### **Bodyweight Squats**



#### **Exercise Description:**

Bodyweight Squats

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

1. Start by placing feet shoulder width apart and holding your arms out in front of you.
2. Proceed to squat down like you are going to sit in a chair. Your upper body will lean forward slightly and your hips will shift backwards while going down.
3. Remember to keep your knees from going out in front of your toes while squatting.
4. Repeat according to your required repetitions. If you want to make the exercise more challenging hold your arms at your sides or behind your head.

### **Stationary Bodyweight Lunge**



#### **Exercise Description:**

Stationary Bodyweight Lunge

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot.
- 2) Start position: Feet should be positioned at a staggered stance with head and back

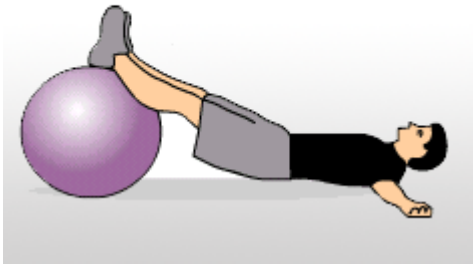
erect and straight in a neutral position. Place hands on hips.

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. Alternate or switch to other leg after prescribed reps.

5) Remember to keep head back, and hips squared and in a neutral position throughout movement.

### **Supine Bridge Leg Curls**



#### **Exercise Description:**

Supine Bridge Leg Curls

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

1. Lie on your back and place your feet on top of the ball.
2. Push your feet into the ball so that your hips are elevated up off the floor.
3. Slowly curl your legs in towards your hips keeping your hips elevated off the ground.
4. Return to the starting position and repeat.

### **Supine Hip Extensions**



#### **Exercise Description:**

Supine Hip Extensions

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

1. Lie on your back on the floor with your knees bent and feet flat on the floor or on a balance disc.
2. Press your feet into the floor or disc until your hips come up off the floor.

3. Press until your hips are at full extension.
4. Return to the starting position and repeat.

### **Single Leg Hip Extension**



#### **Exercise Description:**

Single Leg Hip Extension

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

1. Lie on your back on the floor with your knees bent and feet flat on the floor or on a balance disc.
2. Raise one foot into the air and press your other foot into the floor or disc until your hips come up off the floor.
3. Press until your hips are at full extension.
4. Return to the starting position and repeat for the prescribed repetitions. Repeat with the other leg.

#### **Glute/Ham Drop**



#### **Exercise Description:**

Glute/Ham Drop

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

1. Anchor your feet against any object.
2. Start by slowly lowering yourself keeping your torso straight.
3. Place your hands out in front of you to catch yourself because at some point your

hamstrings are not going to be strong enough to hold you.

4. Once you can not hold yourself proceed to catch yourself with your hands and push off the ground until you are perpendicular to the ground.

5. Repeat for the required repetitions.

### **1 Leg Balance Squat**



#### **Exercise Description:**

1 Leg Balance Squat

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

1. Start by standing on one leg with the other leg elevated.
2. Bend forward keeping your planted leg semi straight and reach for the ground.
3. Keep your back relatively flat during the exercise.
4. Repeat for the prescribed repetitions and then repeat with the other leg.

### **Bodyweight Lateral Squat**



#### **Exercise Description:**

Bodyweight Lateral Squat

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

1. Stand with your feet shoulder width apart.
2. Start by stepping to the right with your right foot and proceed into a squat.
3. Return to the standing position with your feet shoulder width apart.

4. Now step to your left with your left foot and proceed into a squat.
5. Return to the starting position and repeat.

### **Parial Co-Contraction Lunges**



#### **Exercise Description:**

Parial Co-Contraction Lunges

#### **Classification:**

Hamstrings (bodyweight)

#### **Instructions:**

1. Start in a lunge position.
2. Lower your back leg until your knee touches the floor.
3. Place one hand on the the tear drop muscle just on the inside of your knee.  
Place other hand on the glute of same leg.
4. Now raise your back knee one inch off the floor and you will feel the two muscles contract.
5. This is the starting position. Slowly raise yourself up by extending both legs all the time feeling for the tension in the 2 muscles. the second you lose tension(it likely will not be long) pause and then slowy return to starting position.
6. Repeat for the recommended repetitions.



