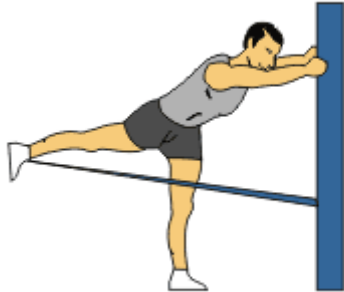


## Hamstrings (machine)

### Standing Cable Hip Extension



#### **Exercise Description:**

Standing Cable Hip Extension

#### **Classification:**

Hamstrings (machine)

#### **Instructions:**

- 1) Start position: Stand facing the machine with an ankle strap around your leg.
- 2) With legs fully extended, extend your leg backwards without the rotating hips.
- 3) Return to start position.
- 4) Remember to keep lower back straight in a neutral position.

### **Kneeling Hip Extension**



#### **Exercise Description:**

Kneeling Hip Extension

#### **Classification:**

Hamstrings (machine)

#### **Instructions:**

Starting Position: Place forearms on upper pad and place one knee on the lower pad.  
Take the working leg and place on the foot plate.  
Kick straight back and up to activate the glute with the working leg.  
Return to starting position

### **Rear Lunge**



**Exercise Description:**

Rear Lunge

**Classification:**

Hamstrings (machine)

**Instructions:**

- 1) Start position: Stand with feet hip width apart.
- 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 - may cause injury.
- 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.
- 5) 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.

**Squat (machine)**



**Exercise Description:**

Squat (machine)

**Classification:**

Hamstrings (machine)

**Instructions:**

- 1) Step under machine arms and position bar across posterior deltoids at middle of trapezius (as shown). Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
- 2) Start position: Using the legs, press up and unhook bar from rack. Stand with feet

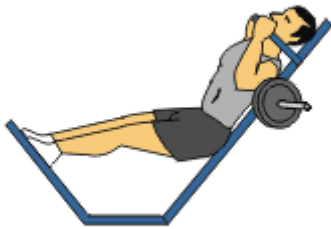
slightly wider than hip width apart and directly under bar. Feet should be slightly turned out approximately 2 inches. Back should be straight in a neutral position.

3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly during movement. Be sure to “sit back” so that knees stay over the feet.

4) Once thighs are parallel to floor, 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.

### **Hack Squat**



#### **Exercise Description:**

Hack Squat

#### **Classification:**

Hamstrings (machine)

#### **Instructions:**

Starting Position: Place your shoulders under the pads and your feet should be about shoulder width apart on the platform.

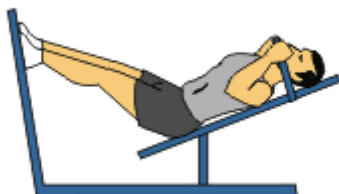
Release the safety bars and bend your knees into a squatted position.

Once your thighs break parallel then stand back up to a soft bend in your knees.

Repeat for the prescribed number of reps.

Keep your abs tight throughout the movement to minimize low back injury or strain.

### **Lying Leg Press**



#### **Exercise Description:**

Lying Leg Press

#### **Classification:**

Hamstrings (machine)

#### **Instructions:**

Starting Position: Place your shoulders under the pads and your feet should be about

shoulder width apart on the platform.

Release the safety bars and bend your knees into a squatted position.

Once your thighs break parallel then extend your legs to a soft bend in your knees.

Repeat for the prescribed number of reps.

Keep your abs tight throughout the movement to minimize low back injury or strain.

### **Bent Knee Good Morning (Smith)**



#### **Exercise Description:**

Bent Knee Good Morning (Smith)

#### **Classification:**

Hamstrings (machine)

#### **Instructions:**

- 1) Stand with feet hip width apart with knees slightly bent (at 20°).
- 2) Start position: Grasp bar with overhand grip hip width apart. Back should be straight in a neutral position.
- 3) Bending at the hips, lower bar to approximately knee height. Keep knees bent at 20° throughout movement.
- 4) Return to start position.
- 5) 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. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

### **Deadlift (machine)**



**Exercise Description:**

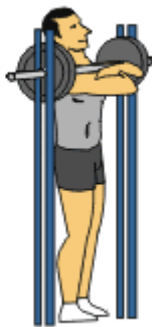
Deadlift (machine)

**Classification:**

Hamstrings (machine)

**Instructions:**

1. Start Position: Assume a shoulder width stance, knees inside arms. Feet flat on floor.
2. Position shoulders slightly over bar and grab bar. Begin pull by extending the knees.
3. Keep angle of your back constant and lift bar straight up. Keep bar close to the body and keep shoulders directly over the bar.
4. Return to starting position.

**Front Squat (smith)****Exercise Description:**

Front Squat (smith)

**Classification:**

Hamstrings (machine)

**Instructions:**

- 1) Step under bar and position bar across anterior deltoids. Cross arms across each other so that your hands are touching opposite shoulders. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
- 2) Start position: Using the legs, remove bar from hooks. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thighs are parallel to floor, 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.
- 6) DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

**Hack Squat (smith)**



**Exercise Description:**

Hack Squat (smith)

**Classification:**

Hamstrings (machine)

**Instructions:**

1. Start position: Grab the bar from behind your ankles. Using the legs, pick up the bar. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
2. Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
3. Once thighs are parallel to floor, return to start position.
4. 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.
5. DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

**Squat (smith)**



**Exercise Description:**

Squat (smith)

**Classification:**

Hamstrings (machine)

**Instructions:**

1. Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across posterior deltoids at middle of trapezius (as shown). DO NOT rest bar on neck. Lift elbows up, pull shoulder blades together, and

lift chest up to create a “shelf” for the bar.

2. Start position: Using the legs, press up and unhook bar from rack. Stand with feet slightly wider than hip width apart and directly under bar. Feet should be slightly turned out approximately 2 inches. Back should be straight in a neutral position.
3. Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly during movement. Be sure to “sit back” so that knees stay over the feet.
4. Once thighs are parallel to floor, 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.

### **Glute-Ham Raise (w/ plate)**



#### **Exercise Description:**

Glute-Ham Raise (w/ plate)

#### **Classification:**

Hamstrings (machine)

#### **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.

45% Leg Press



#### **Exercise Description:**

45% Leg Press

**Classification:**

Hamstrings (machine)

**Instructions:**

Sit in machine and place your legs on the foot plate.

Release the safety stops and bend your knees towards your chest.

When your knees are fully bent extend your knees until your legs are fully extended.

**Standing Hamstring Curl****Exercise Description:**

Standing Hamstring Curl

**Classification:**

Hamstrings (machine)

**Instructions:**

- 1) Adjust knee pad so that top pad is 1-3 inches above the knee cap.
- 2) Start position: Step into machine so that bottom pad is behind the ankle and top pad in front of thigh. Grasp onto provided handles in front of body (if applicable). Trunk should be flexed forward at the hips to approximately  $5^{\circ}$
- 3) Lift weight by flexing at the knee to  $90^{\circ}$  to  $120^{\circ}$ .
- 4) Return to start position.
- 5) Remember to keep the neck and back straight in a neutral position - hyperextension of the low back may cause injury.

**Lying Hamstring Curl****Exercise Description:**

Lying Hamstring Curl

**Classification:**

Hamstrings (machine)

**Instructions:**

- 1) Lie face down on bench with pad adjusted to fit behind ankles. If machine does not



angle upper torso downward, it is recommended that a pillow be placed underneath stomach.

2) Start position: Position knees below bottom edge of bench or pad. Legs should be straight with knees aligned to the lever arm axis of motion and hands grasping handles or side of bench (if applicable).

3) Raise lever arm by flexing at the knees past 90°.

4) Return to start position.

5) Remember to keep hips in contact with bench at all times. Do not hyperextend the low back during movement.

### **Cable Leg Curls**



#### **Exercise Description:**

Cable Leg Curls

#### **Classification:**

Hamstrings (machine)

#### **Instructions:**

1. Start by standing in front of the machine with one cable strap around 1 leg.
2. Maintaining your balance curl that leg up and back until your foot almost touches your butt.
3. Return to the starting position and repeat for the prescribed repetitions.
4. Repeat with the other leg.

### **Single Leg Hack Squat**



#### **Exercise Description:**

Single Leg Hack Squat

**Classification:**

Hamstrings (machine)

**Instructions:**

1. Stand in the machine and lift one foot off the foot plate.
2. Bend the other leg until your knee reaches a 90 degree angle.
3. Stand back up to full extension and repeat for desired repetitions. Repeat with the other leg.

**Smith Machine Rear Lunge****Exercise Description:**

Smith Machine Rear Lunge

**Classification:**

Hamstrings (machine)

**Instructions:**

1. Start by placing the bar on your shoulders in the smith machine.
2. Proceed to step back with one foot into a lunged position.
3. Lunge down until your knee is bent to about 90 degrees.
4. Proceed to stand back up to the starting position.
5. Repeat for the suggested repetitions and then repeat with the other leg.

**Smith Machine Single Leg Squat**

**Exercise Description:**

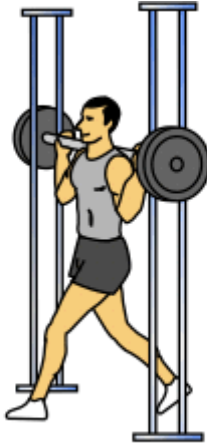
Smith Machine Single Leg Squat

**Classification:**

Hamstrings (machine)

**Instructions:**

1. Start by placing the bar on your shoulders in the smith machine.
2. Proceed to step back with one foot and place onto a box.
3. Lunge down until your knee is bent to about 90 degrees.
4. Proceed to stand back up to the starting position.
5. Repeat for the suggested repetitions and then repeat with the other leg.

**Smith Machine Split Squat****Exercise Description:**

Smith Machine Split Squat

**Classification:**

Hamstrings (machine)

**Instructions:**

1. Start by placing the bar on your shoulders in the smith machine.
2. Split your stance so that one foot is forward and the other is backwards.
3. Lunge down until your knee is bent to about 90 degrees.
4. Proceed to stand back up to the starting position.
5. Repeat for the suggested repetitions and then repeat with the other leg forward.

**Smith Machine Straight Leg RDL's**



**Exercise Description:**

Smith Machine Straight Leg RDL's

**Classification:**

Hamstrings (machine)

**Instructions:**

1. Start by holding the barbell at waist level.
2. Keeping your legs straight and your back flat push your hips back and bend forward.
3. Bend forward until a good stretch is felt in your hamstrings and then return to the starting position.
4. Repeat this movement for the suggested repetitions.