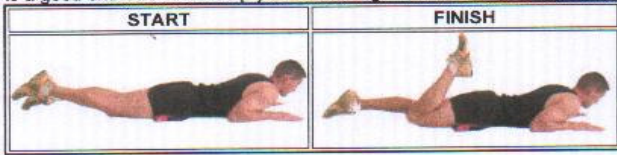


# NWA: Hamstrings .. three ideas

Don't try them all in one session .. select; 2 activities per session, 2-3 sets; in general, every second day.

## 1. Lying Leg Curl

This is a good exercise to develop your hamstring muscles, without any equipment.



Support yourself up resting one knee and foot on the floor and both hands slightly wider than shoulder width apart, palms facing forward.

Keeping one leg off the floor, at about shoulder height, bend at the knee bringing your foot up towards your buttocks in a slow controlled motion, aiming to take 5 seconds for each repetition.

Throughout the exercise aim to keep your back straight, with your knees close together, looking down towards the floor at all times.

Repeat on both sides.

Personally I think it better to do this activity .. **STANDING** i.e. in the position you will be performing (running); lie against an incline board .. slight forward lean from toes as when sprinting.

Standing .. light leg weight (shoe or aerobics weight .. 1-2 kg.) ..

5-10 repetitions each leg; 2-3 sets every day; relatively slow contractions; you will strengthen quickly if you are careful and regular

Be patient .. build strength and range of movement gradually ... strengthening hamstrings is **NOT** a quick fix.

## 2. Swiss Ball Hamstring Roll

Use a suitable sized Swiss Ball that enables your starting position to have your feet firmly on the ground, with your legs bent at 90 degrees, thighs - buttocks and upper-body parallel to the floor. Support the weight of your head by clasping your hands underneath; however keep your chin off your chest.



You should only have your shoulder blades in contact with the Swiss Ball, during the initial phase of the movement; contracting both your abdominal and lower back muscles to fix this position.

Slowly relax your abdominal's and straighten your legs, rolling the ball down your spine, holding this position for 5 - 10 seconds to give the muscles a good stretch.

Concentrate on contracting the hamstrings to bring yourself back to the initial starting position, however focus on keeping your abdominal muscles contracted throughout.

Beginner's aim for 6 - 10 roll outs in a slow controlled manner.

Intermediates aim for 2 sets of 6 - 10 roll outs.

Advanced aim for 2 sets of 10+ roll outs.

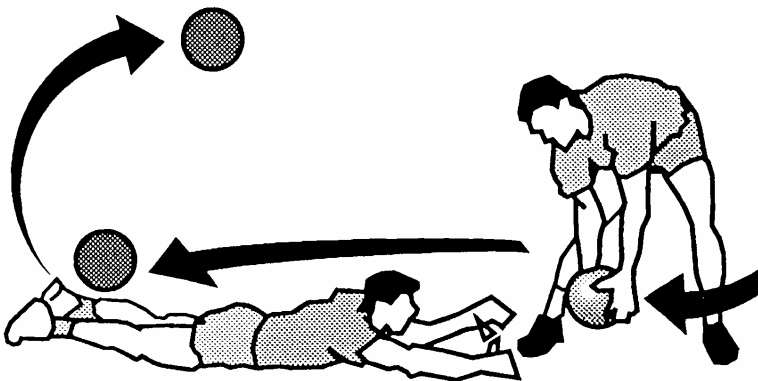
Google  
Hamstring Exercises

[www.netfit.co.uk](http://www.netfit.co.uk)

There are thousands of programs / ideas waiting

Knowledge / ideas accumulate quickly in an open mind

## 3. Medicine Ball Hamstring Curls ..



A partner stands in front of the receiver and rolls the ball down their back, hips and legs to the feet.

The receiver curls their legs **quickly**, flipping the ball back to the partner .. take your time to learn the timing. (2-3 kg. for advanced performers .. start with a netball or basketball).

2-3 sets of 8-10 reps.