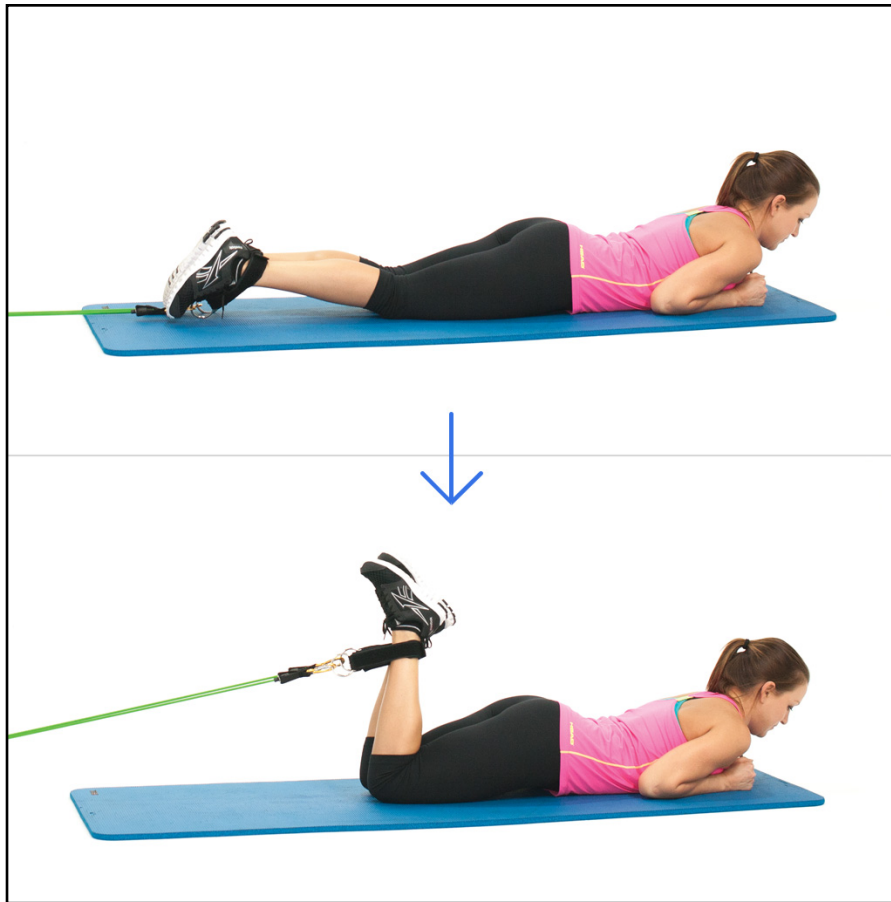


Lying Hamstrings Curl With Bands

Area Targeted: Hamstrings



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=GBXQdlzBxM4>

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the bottom of the door.

Bands: Attach each end of the band to an ankle strap.

Body Positioning: Wrap the ankle straps around your ankles and lay on the floor 3 to 4 feet away from the door. Keep your buttocks down and your back flat.

MOVEMENT:

Bend both legs together and move your heels towards your buttocks.

POINTS TO REMEMBER:

1. Keep your calves and feet relaxed during the movement. If you cannot keep them relaxed, simply point your toes.
2. Do not let your hips rise up as you bend your legs. Keep your hips and Butt down.