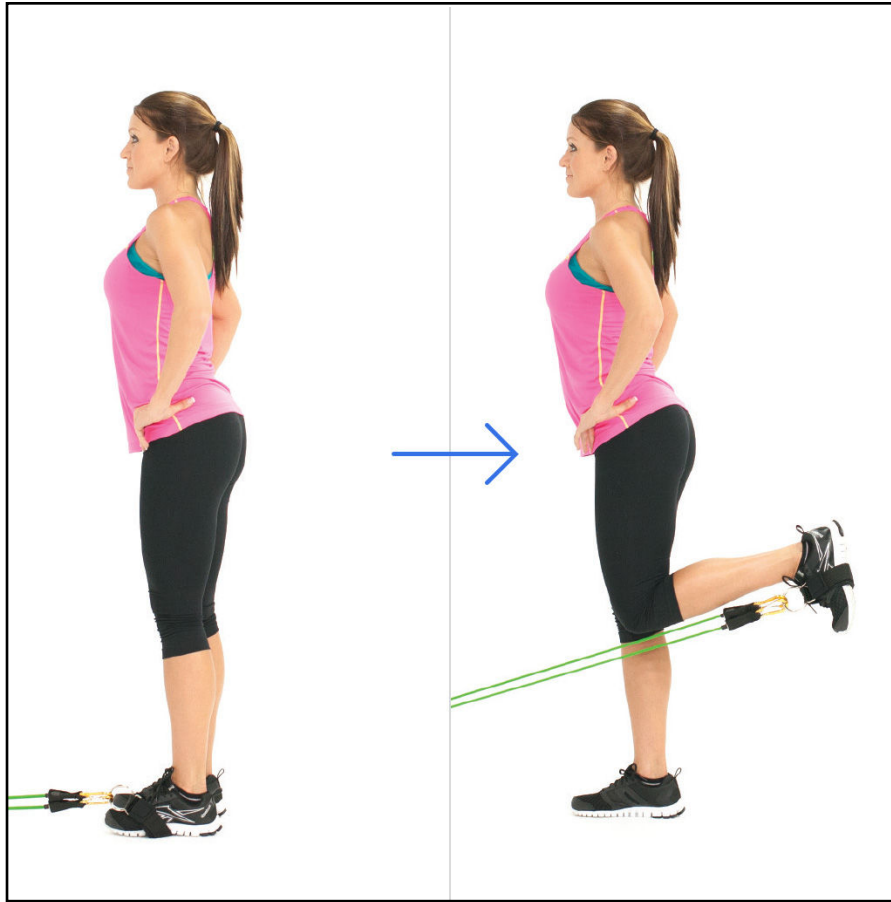


# Standing Hamstrings Curl With Bands

Area Targeted: Hamstrings



## INSTRUCTIONS:

### SET UP:

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

**Bands:** Attach both ends of the band to one ankle strap.

**Body Positioning:** Attach the ankle strap around one foot (with the ring on the top of your foot). Stand 3 to 4 feet away from the door, facing the door. Move far enough away from the door so that the band(s) start to stretch. Stand up tall with your Back straight, Head straight and Chest up. Place your hands on your hips or use a stationary object for balance.

### MOVEMENT:

Bend your active leg (up and back) until your calf is parallel with the floor. Return your active leg to starting position. Repeat.

### POINTS TO REMEMBER:

1. Keep your chest up and back straight throughout the movement.
2. Keep your knees together, do not move your active knee forward or back as you bend your leg.