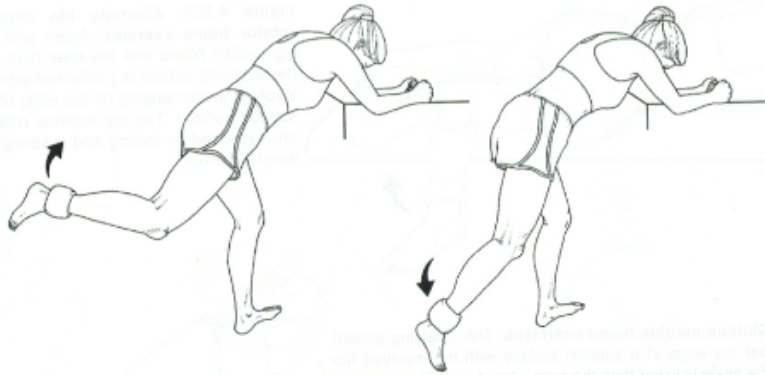


# Hamstring Strengthening



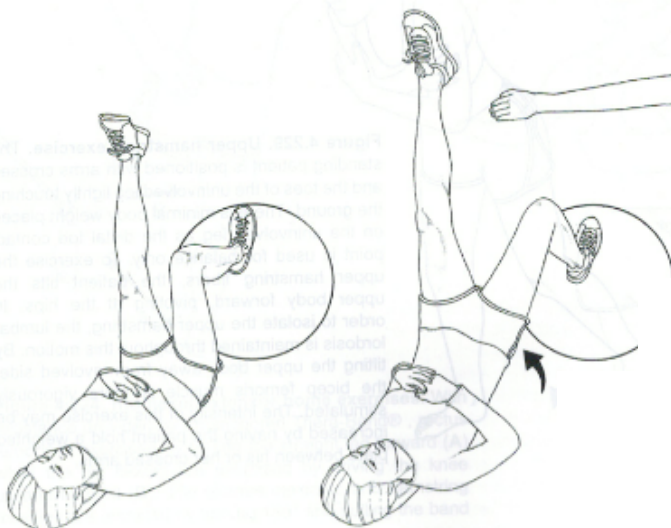
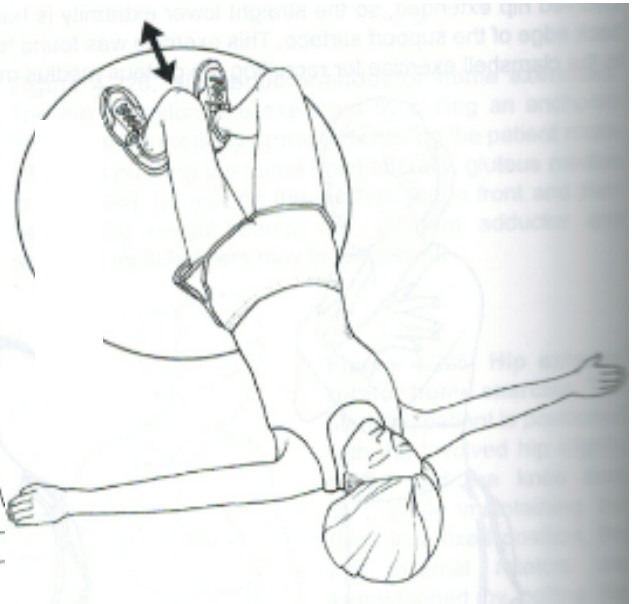
1. Push Off Phase.

Reps \_\_\_\_\_ Sets \_\_\_\_\_

2. Leg Curls on a Ball. Bridge to the 90/90 position. 2<sup>nd</sup> phase is to roll the ball out then back to the start position.

1<sup>st</sup> Phase Bridging: Reps \_\_\_\_\_ Sets \_\_\_\_\_

2<sup>nd</sup> Phase Roll out/in Reps \_\_\_\_\_ Sets \_\_\_\_\_



3. Advanced: Single leg Bridges.

Reps \_\_\_\_\_ Sets \_\_\_\_\_

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