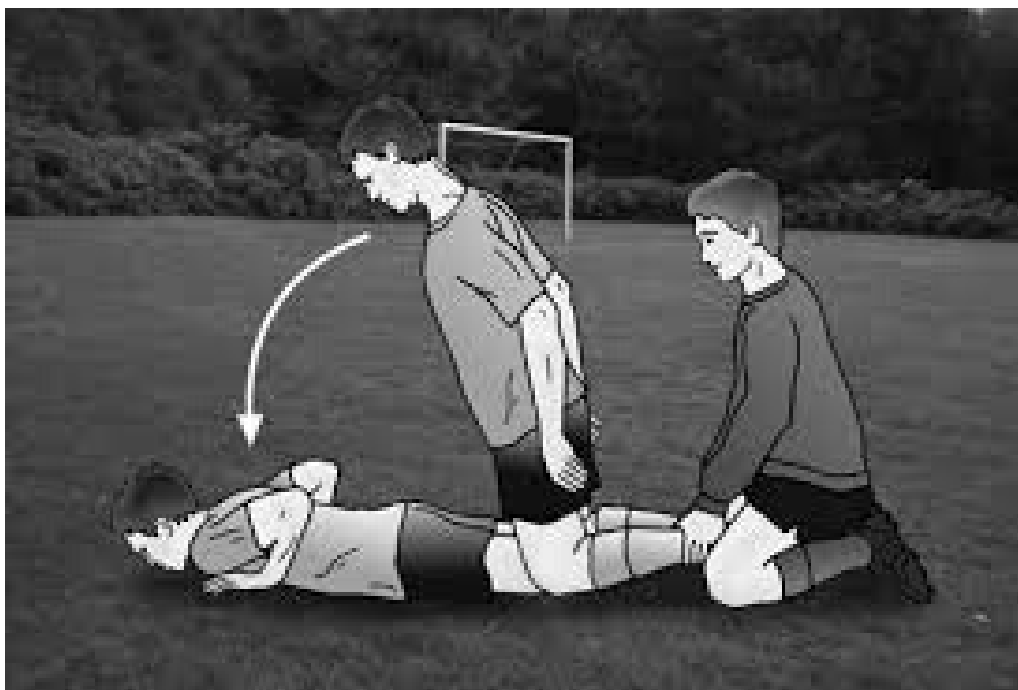


EXERCISE TO TRY AT HOME: THE

NORDIC HAMSTRING CURL

TARGET MUSCLE: HAMSTRINGS

Hamstrings can be tricky to isolate without equipment. This exercise does a great job and can be done anywhere!



SET UP AND EXECUTION

1. Kneeling on the floor, position ankles under your partners hands. Kneel upright with hips straight. With your arms at your sides, position hands slightly forward with palms facing forward or slightly toward floor.
2. Lower body with hips straight by slowly straightening knees. Control your descent using your hamstrings, going as low as possible. Once the body begins to fall, put the hands out to make contact with the floor, and control your remaining descent with assistance of arms. Allow your chest to come very close to floor, rapidly push off against the floor just enough to assist hamstrings in raising body upward.
3. Return to upright kneeling position and repeat.

MODIFICATIONS

No partner? You can perform this exercise by anchoring under anything secure or heavy. Experiment to find your favorite anchor.

Falling too fast?
Try securing a band to your anchor to help you control your decent.

This is a great exercise to get your kids or partner involved to help you during your workout!