



INSTRUCTIONS

HAMSTRING CURL

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/hamstring-curl>

Glutes

Hamstrings

Jumps and Leaps

Kicks

Leaps

Lower Body



STEPS:

- Lying on your stomach, push your hips into the ground and bend one knee towards your glutes
- Slowly lower your shin back to the floor and repeat on the same leg for 12 reps before switching

[+] Add a band for extra resistance