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IRON HAMSTRINGS

Perform the following group of exercises two to three times per week, preferably after your weight training routine if you currently follow one. You may progress from three sets of five repetitions of each exercise for a total of 15 non stop repetitions for each set- five bridges, five leg curls, and five hip lifts. Rest about one minute between each set. Each week, add two repetitions to each exercise so you are doing 15 repetitions of each exercise, or 45 continuous repetitions per set, for three sets by week six. The difficulty of the exercises may be increased by progressing to one leg, altering the speed and/or adding weights.

Bridge

- Lay down and place stability ball under heels
- Place the arms at a 90 degree angle to your body flat on the ground with palms down
- Keep your knees slightly bent
- Lift the hips as high as you can without pressure or pain to the spine
- Drop the hips to about an inch off the ground and repeat

Leg Curl

- From the bridge position, bend the knees and bring the heels towards the hips
- Keep the knees and feet aligned and facing up during knee bending
- Straighten the knees while keeping the bridge position

Hip Lift

- From the bridge position, walk the stability ball to the balls of the feet
- Drop your hips to about an inch off the ground and repeat
- Keep knees and feet aligned and facing up during the bridging motion
- Repeat