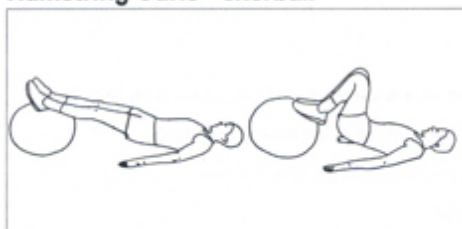




Perfect Fit Personal TrainingSM & Get Fit Boot CampSM

Hamstring Curls - exerball



Key Points:

- Move in a slow, controlled manner.
- Don't bounce on the ball.
- Use the correct ball size.
- Give yourself plenty of room.

Instructions:

Beginner

1. Lie on your back, your heels resting on the ball, knees straight, your back on the floor. Keep your hands by your side, palms down. Raise your hips off the floor until your body is straight (starting position).
2. Roll the ball toward you, bending your knees and hips, until your feet are flat on the ball.
3. Roll the ball back to the starting position.

Hamstring curls on stability ball

Instructions:

1. Lie on your back, your heels resting on the ball, knees straight and your back on the floor. Keep your hands by your side, palms down. Raise your hips off the floor until your body is straight (starting position).
2. Roll the ball toward you, bending your knees and hips, until your feet are flat on the ball.
3. Roll the ball back to the starting position.

Key Points:

- Move in a slow, controlled manner.
- Don't bounce on the ball.
- Use the correct ball size.
- Give yourself plenty of room.