

Prone Hamstring Curl • Beginner



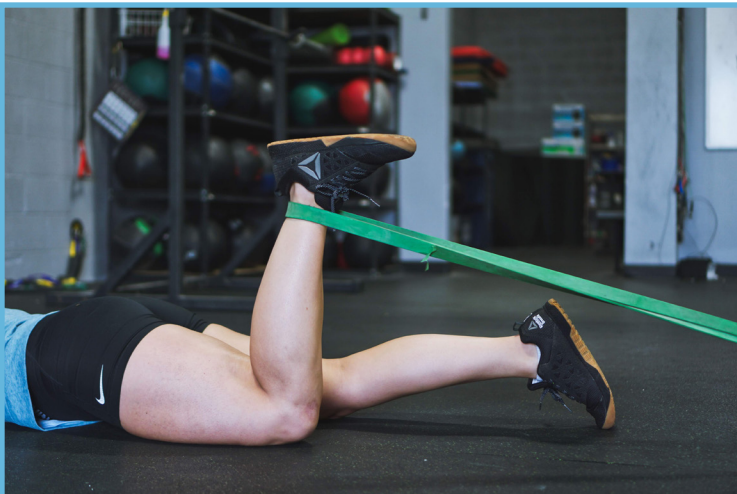
In a prone position (*Lying face down.*), flex the knee and use your hamstring to move your heel toward your head as pictured. Avoid shifting your hips or pulling your hips off of the ground. This can be used in higher repetitions while unweighted as a warm-up for exercises requiring knee flexion, like a squat.



Instructions:

Repeat this movement 10 times for 3 sets.

Prone Hamstring Curl (With Band) • Intermediate/Advanced



In a prone (*Lying face down.*) position, place the band around the back of one leg, slightly above the ankle. Flex the knee by using the hamstring to pull the banded heel toward your head. Avoid shifting your hips or allowing them to rise off of the floor. Return to full extension and a relaxed position between each rep. This prone hamstring curl with a band can be used as a more advanced warm-up for exercises requiring knee flexion, like a squat. It can also be used as a hamstring-specific single joint accessory exercise.



Instructions:

Repeat this movement 10 times for 3 sets.



Tall Kneeling Active Quadriceps Stretch



In a tall kneeling position (*On both knees with shoulders and hips stacked over knees.*), lean back while keeping a straight line from the head to the knees. Go as far as you can without allowing your posture to break or your knees to come off of the ground (*As pictured on the left.*), then extend forward to return to the starting position. The goal of this exercise is to build strength in the active range of motion of knee extension while maintaining hip extension. This can also be helpful in warming up the quadriceps for any squat pattern.



Instructions:

Repeat this movement 10 times for 2 sets.

Standing Dorsiflexion Stretch



Place one foot 3-5 inches from a wall or stable vertical surface with the other foot a step behind it. With both feet flat on the ground, reach the front knee toward the vertical surface to create a stretch through the ankle and lower leg. Hold the stretch for 15-30 seconds or perform sets of reps of the stretch over the 1st toe (*Big toe*), 3rd toe (*Middle*), and 5th toe (*Pinky*) while keeping both feet flat on the ground.



Instructions:

Hold this position for 30 seconds, for 2 sets, at least once a day.

For increased dorsiflexion over time, one may perform this exercise 3-5 times a day for as long as preferred. For a warm-up, one may simply do this prior to any exercise requiring ankle dorsiflexion.



Heel Elevated Squat



Using a plate or platform (*No more than one inch thick.*), place your heels on the elevated surface while in a squat stance foot position. Perform 5-10 air squats with the heels elevated as preparation for loaded squats.



Instructions:

Repeat this movement 10 times for 2 sets.

Toe Elevated Squat



With a plate or platform (*No more than one inch thick.*), place your toes and the front half of your foot on the plate/platform in a squat-width stance. Perform an air squat while maintaining balance in all areas of the foot.



Instructions:

Repeat this movement 10 times for 2 sets.

Quadruped “Fire Hydrant”



In a quadruped position (*Shoulders stacked over wrists, hips stacked over knees*), brace your core and imagine you are balancing a PVC pipe in the middle of your back. Initiate the “fire hydrant” movement by driving one knee and foot horizontally off of the ground so that you are balancing on both hands and one knee. Maintain a neutral spine (*Imagine keeping your bellybutton in the same spot facing the ground*). Return to the starting position and repeat.



Instructions:

Repeat this movement 10 times for 2 sets.

