

HAMSTRING EXTENSIONS

SS05

DIRECTIONS

Facing away from the anchor bend over at the waist to a 90-degree angle and stay there. Now bend the knees into QUAD DIP starting Position A. Move into Position B by bending the knees directly back and straight. One should feel tension on the hamstrings in phase B as the knees return back to straight the straight position. Weight should be on the heels – not the toes. Repeat 20+ times.

IMAGERY

QUAD DIPS ~ The Fourth and Final Part

Your wonderful hamstrings enjoying some loosening love.

BENEFITS

HAMSTRING EXTENSIONS activate and loosen the hamstrings.

NOTES

The hamstring is primarily responsible for movement in the lower body with the quadriceps as its muscle balance partner. Over dominant quads can cause the hamstrings to be tight. Let's give equal time to the often neglected hamstrings and they will serve you well.

The hamstrings also stabilize the lumbo-pelvic-hip complex as a secondary function. Therefore, loose hamstrings loosen low back pain.