

Hamstring Hold

- Lie on your back, with your feet resting on the ball at the 10 o'clock and 2 o'clock position
- Place your arms outstretched for the easiest position, along your body for the moderate intensity position, and on your chest for the most challenging position



- Keeping your stomach muscles tight, raise your hips so there is a straight line between your heels and your shoulders
- Hold this position for 30 seconds, then relax to the ground; repeat
- This can also be done on a couch or chair, the ball adds a level of difficulty and instability to get more out of the exercise
- For added difficulty, keep your hips elevated, then bend your knees to pull the ball towards your body

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
