

Stability Ball Hamstring Curls



Description: Lie with your back flat on an exercise mat with the soles of your feet planted on top of a stability ball. Raise your hips upwards into a bridge position while keeping your weight on the upper back and feet. This is your starting position. Roll the stability ball away from the body to form a plank position. Return to the starting position and repeat.

Sets/Reps: 3 sets of 8-10 repetitions.

Common Mistakes: Allowing the hips to drop towards the ground.

Target Muscles: Hamstrings.

Modifications: If balancing is difficult, you can work the hamstrings by completing glute bridges or glute bridge walkouts.

****Tip:** Engage the core and the glute muscles to ensure your hips do not dip.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

