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INSTRUCTIONS

HAMSTRING LIFT

CATEGORIES: Power, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/hamstring-lift/>

Acrobatics

Glutes

Hamstrings

Jumps and Leaps

Kicks

Knee Strength

Leaps

Turn Out



Steps:

- This exercise can be done with feet on a wall or on a chair / stack of mats
- Lay on your back and place elevated feet on the wall.
- Pull your belly button in, roll your hips off the floor and press your hips toward the sky
- Squeeze glutes at the top
- Slowly drop your glutes back down to the floor.
- This is one rep.

Repetitions and Modifications:

Repeat 12 – 15 times

[+] Lift toes off the wall and press heels into the wall.

[+] Do the exercise one leg at a time

[-] Keep feet on floor