

gdfgdg



# INSTRUCTIONS

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## HAMSTRING CURL

**CATEGORIES:** Strength

**LEVEL:** Intermediate

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

Glutes

Hamstrings

Jumps and Leaps

Kicks

Knee Strength

Leaps

Lower Body



### STEPS:

- Lying on your stomach, push your hips into the ground and bend one knee towards your glutes
- Slowly lower your shin back to the floor and repeat on the same leg for 12 reps before switching

[+] Add a band for extra resistance