

Fitness Floor Basics

Muscle Monday:

Hamstrings

Location:

- Posterior Thigh (from sit bones shin bones)
- 3 Different Muscles make up the hamstring group (semi-membranosus, semi-tendinosus, bicep femoris).

Action:

- Knee Flexion
- Hip Extension when trunk is fixed

Activities of Daily Living:

- Bending over to pick something up off floor.
- Climbing phase of stepping up stairs.
- Kicking your own butt.

Exercise Examples:

- Straight Leg Deadlift (barbell)
- Seated Hamstring Curl (machine)
- Stability Ball Hamstring Curl (SB)
- Single Leg Romainian Dead Lift (KB or DB)

Stretching:

- Seated Forward Fold
- Modified Hurdler
- Hamstring Stretch Machine



The Hamstrings



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of Manitoba**