Standing Hamstring Curl

Starting Position: Wrap the band around your right ankle while standing on the remainder of band with your left foot. (Not too tight.) Stand up as straight as possible with knees together.

Finishing Position: Curl your right heel up towards your buttocks. Return to starting position. Perform exercise with other leg.

This will also challenge balance. To challenge balance further try to perform the exercise with one hand on the chair. (Or without hands completely).

Notes

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________