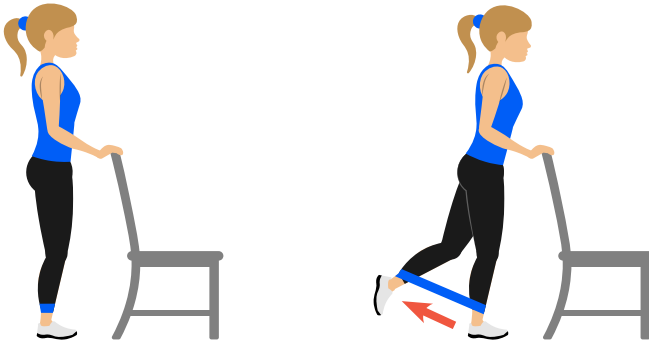


## Standing Kickback



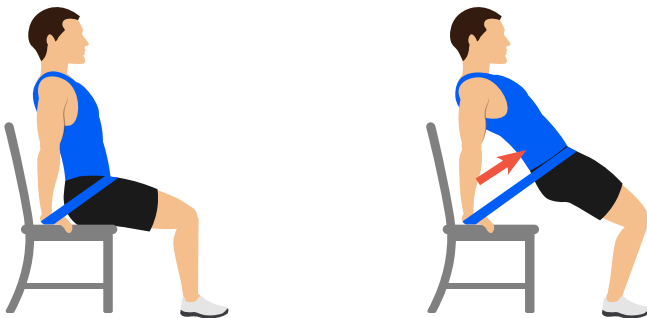
**ANCHOR:** Band tied in a circle or on back of chair.

**START:** Stand with feet hip width apart facing the chair and the band around the calf/ankle.

**MOVEMENT:** Using the hamstrings and glutes and your leg straight, lift the leg back.

**TIP:** Try not to lean too far forward.

## Hip Thrust



**ANCHOR:** Band across the hips

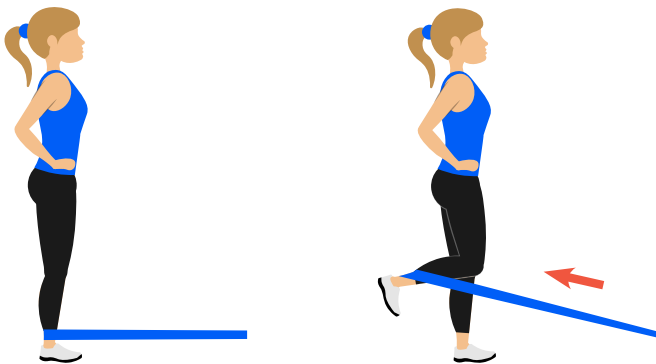
**START:** Sit on the edge of the chair with the band across your lap at the hip, holding on to the band with both hands on each side of the chair.

**MOVEMENT:** Using the hamstrings and glutes, lift the hips up and out, keeping the hands on the chair.

**TIP:** Keep a slight bend in the elbows.

## Leg Curl

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**ANCHOR:** Door, low

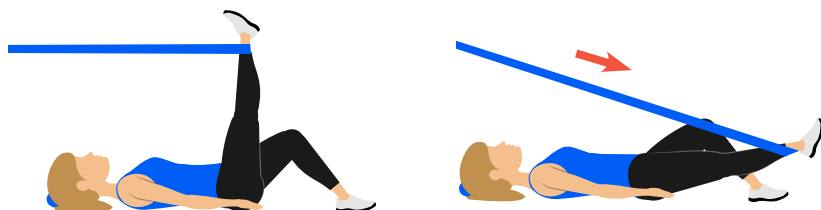
**START:** Stand with feet together facing the door and the band wrapped around ankle or foot.

**MOVEMENT:** Using the hamstring and keeping the knees together, lift the lower leg and foot toward your glutes.

**TIP:** Keep abs tight. Hold onto chair for balance if necessary.

## Hamstring Pull Down

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**ANCHOR:** Door, mid-height with the foot through the tubing handle.

**START:** Lie on your back, leg with the tubing in the air, the other is bent with the foot flat on the floor.

**MOVEMENT:** Using your hamstrings and keeping the leg straight lower the leg to the floor.

**TIP:** Try to keep both hips on the ground.