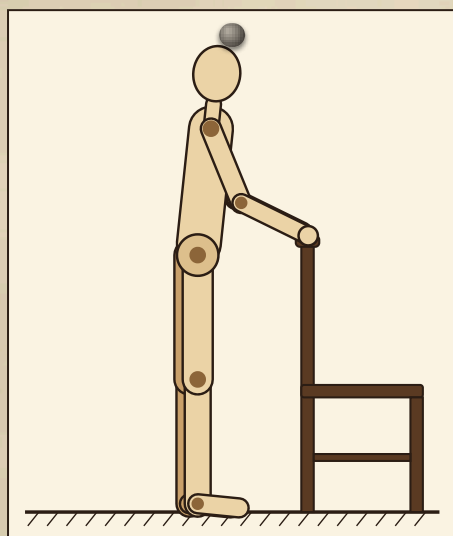


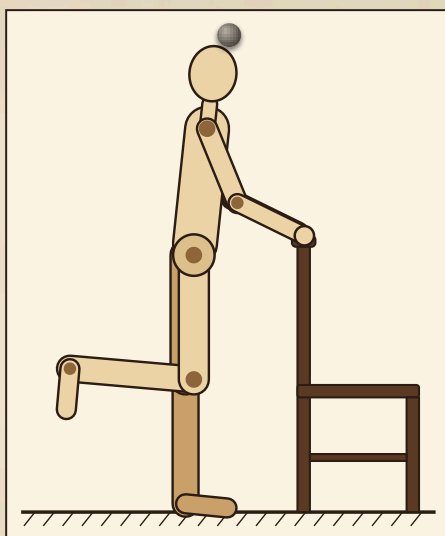


Hamstring curl

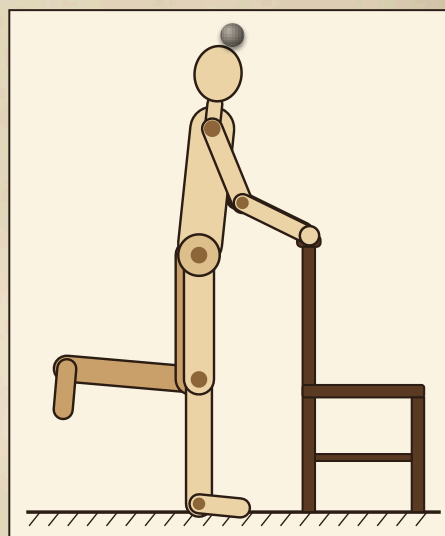
Strengthens the backs of your thighs, which help you walk, climb and bend safely. Hold a chair and take it steady.

**1 Hold the chair**

Stand tall, feet hip-width.

**2 Heel up**

Knees stay side by side.

**3 Then the other**

Lower slowly, swap legs.

The beat

2 seconds up, a short hold, 2 seconds down. 8 with each leg is one set. Rest a minute between sets.

How to do it

1. Stand behind a sturdy chair and hold the backrest with both hands.
2. Stand tall, feet hip-width apart.
3. Bend your left knee and bring your heel up towards your backside.
4. Hold for a moment, keeping your knees side by side.
5. Lower slowly, then do the same with the right leg.

Make it fit you

Easier

Only bring the heel up a little way.

Harder

Hold at the top for three seconds, or slow the lowering down.

Knees

Keep the bent knee pointing at the floor, not drifting forward.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubbobncarpenter.com/training/hamstring-curl/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.