

# Exercise of the Month

August 2018

## Physioball Hamstring Curls

**Purpose:** Improve core and lower body strength and balance

**Target Muscles:** Hamstrings

**Assisting Muscles:** gastrocnemius, sartorius, gracilis, popliteus

**Equipment:** Physioball

**Start:** Lie flat on the floor with lower legs on exercise ball. Place arms palm facing down on either side of the body. Legs and lower back should be straight to start.

**Movement Phase 1:** Keeping hips and low back straight, bend knees, pulling heels towards the body. Allow feet to roll up on to ball.

**Movement Phase 2:** Lower to original position by straightening knees.

**Repeat:** 2-3 sets of 8-15 repetitions

### Modification

*To modify this exercise, try using a larger ball for more stability or keep hips lowered throughout movement*



From Corporate Fitness Works Team Leader, Jennifer Sabol

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