Hamstring Curl on Ball (single leg)

Hamstrings

This exercise is an advanced version of the Double Leg Hamstring Curl on the Ball. Lie on your back with your hands by your sides. Place your left calf on top of the ball. Raise your right leg into the air. Try to relax your shoulders. Lift your hips off of the floor.

Bend your left knee to curl the ball toward your hips. Slowly straighten your left leg to return to the starting position. Keep your hips off of the floor throughout the exercise. After you have completed one set repeat on the other leg.