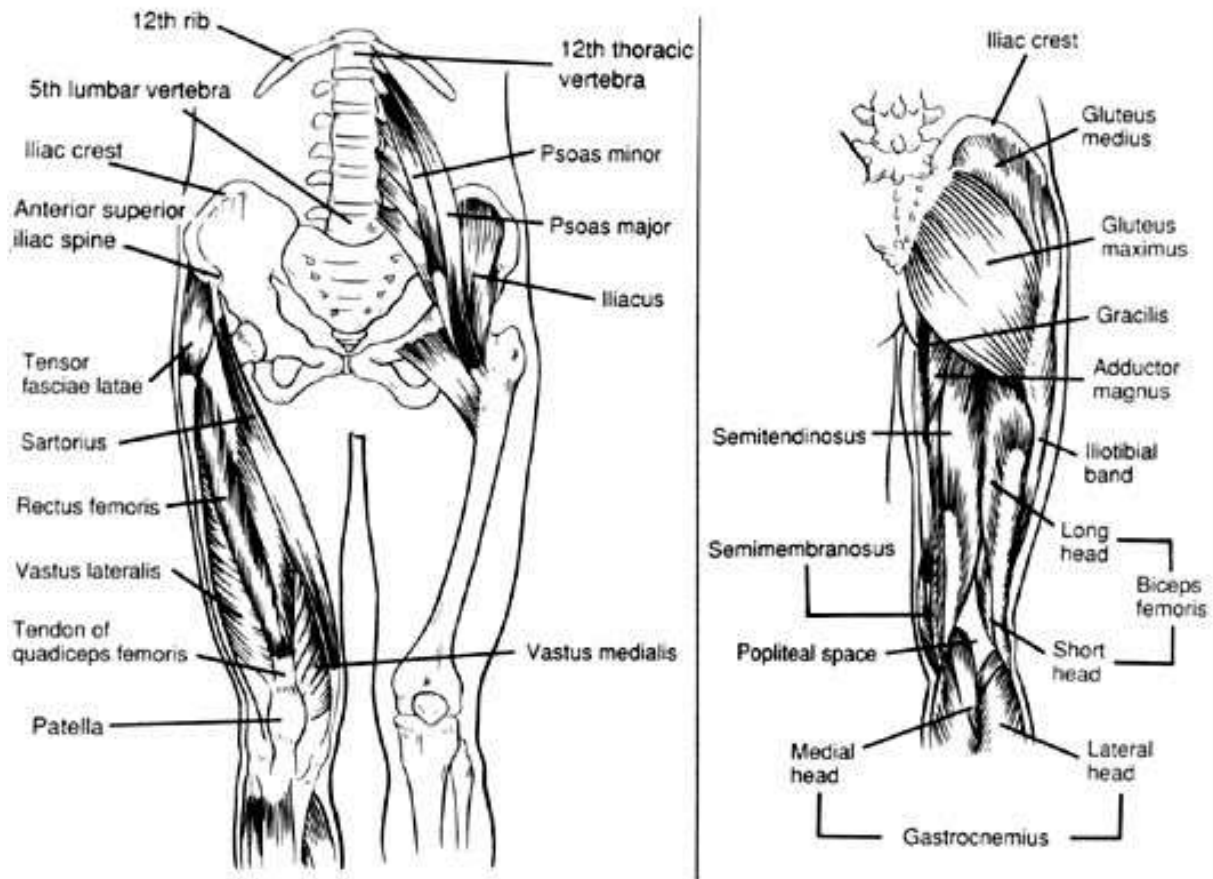


Ultimate Personal Training Hamstring Exercise Guide



Major Muscles That Act On The Hip Joint

MUSCLE	ORIGIN	INSERTION	PRIMARY FUNCTIONS
Iliacus	Inner surface of the ilium and base of sacrum	Lesser trochanter of femur	Flexion and lateral rotation
Psoas major and minor	Transverse processes of all five lumbar vertebrae	Lesser trochanter of femur	Flexion and lateral rotation
Rectus femoris	Anterior-inferior spine of ilium	Superior aspect of patella and patellar tendon	Flexion
Semitendinosus	Ischial tuberosity	Proximal anterior-medial aspect of tibia	Extension
Semimembranosus	Ischial tuberosity	Posterior aspect of medial tibial condyle	Extension

Butt Lift (Bridge)

Exercise Data

Main Muscle Worked: Glutes
Other Muscles Worked: None
Equipment: Body Only
Mechanics Type: Isolation



Tips: Lying on your back with your knees bent, lift your hips off the floor while keeping your back straight. Remember to keep your glutes tight!

Glute Kickback

Exercise Data

Main Muscle Worked: Glutes
Other Muscles Worked: Hamstrings
Equipment: Body Only
Mechanics Type: Compound



Tips: While on the floor on all fours, extend one leg and with the foot cocked to a point that places it in line with the head. Then raise it to a 45-degree angle with the foot elevated above the head. The key to maximum results is to concentrate on contracting the glutes throughout the full range of motion.

Leg Lift

Exercise Data

Main Muscle Worked: Glutes

Other Muscles Worked: Hamstrings

Equipment: Body Only

Mechanics Type: Isolation



Tips: Grabbing the top of a chair back to brace yourself, stand up straight, lift one leg behind you while keeping the other leg straight. Bring the raised leg back to the floor and raise it again for 10 repetitions. Then do the same for the other leg. Concentrate on flexing the glutes to that you feel them do the work. This should begin to tighten and firm these muscles.

One-Legged Cable Kickback

Exercise Data

Main Muscle Worked: Glutes

Other Muscles Worked: Hamstrings

Equipment: Cable

Mechanics Type: Isolation



Tips: The one-legged cable kickback is a great way to carve shape into those sagging buns. Hook a leather ankle cuff to a low cable pulley and then attach the cuff to your ankle. Face the weight stack from a distance of about two feet, grasping the steel frame for support. While keeping your knees and hips bent slightly and your abs tight, contract your glutes to slowly "kick" the working leg back in a semicircular arc as high as it will comfortably go. At full extension, squeeze your glutes for peak contraction. Bring your working leg forward, resisting the pull of the cable until you reach the starting position. After completing the desired number of reps, switch legs and repeat this movement for the other bun.