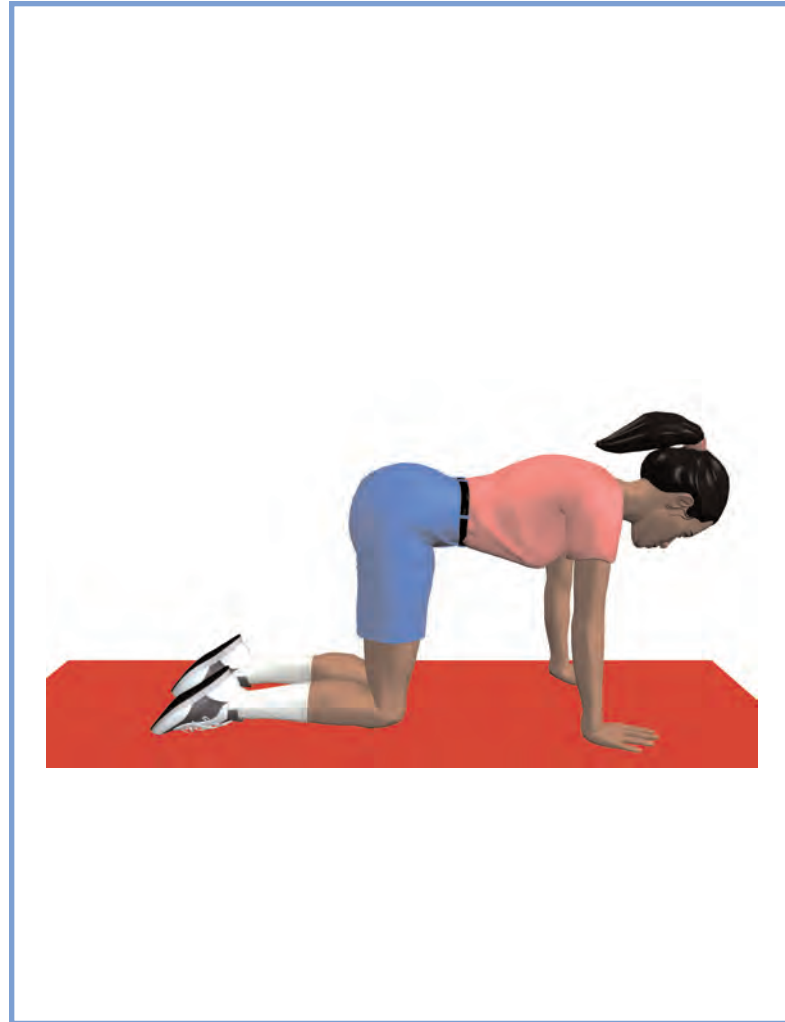
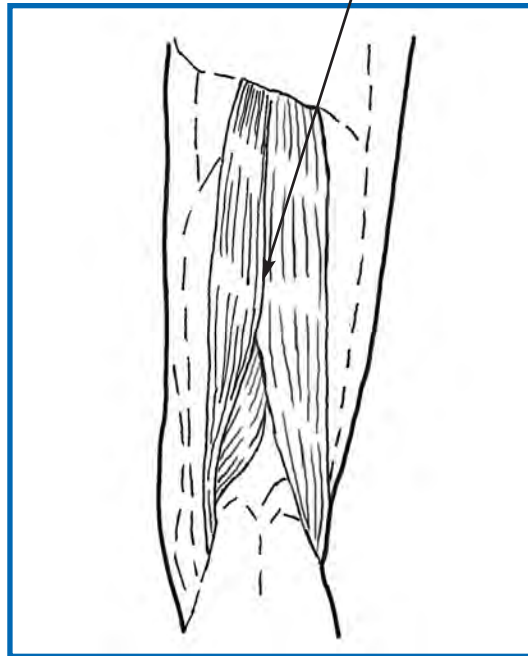
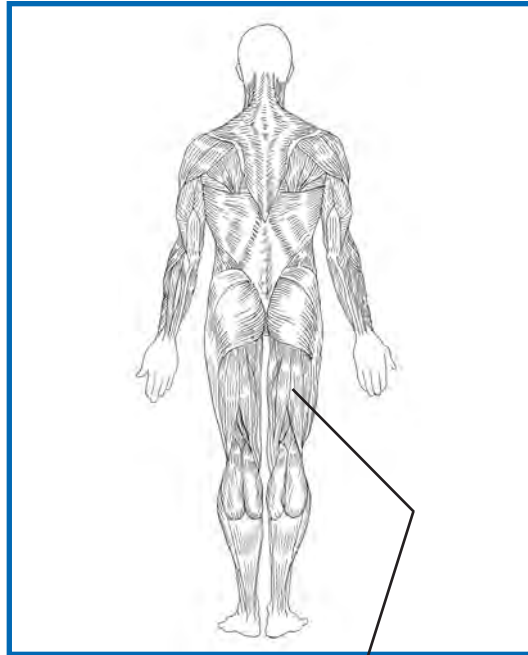


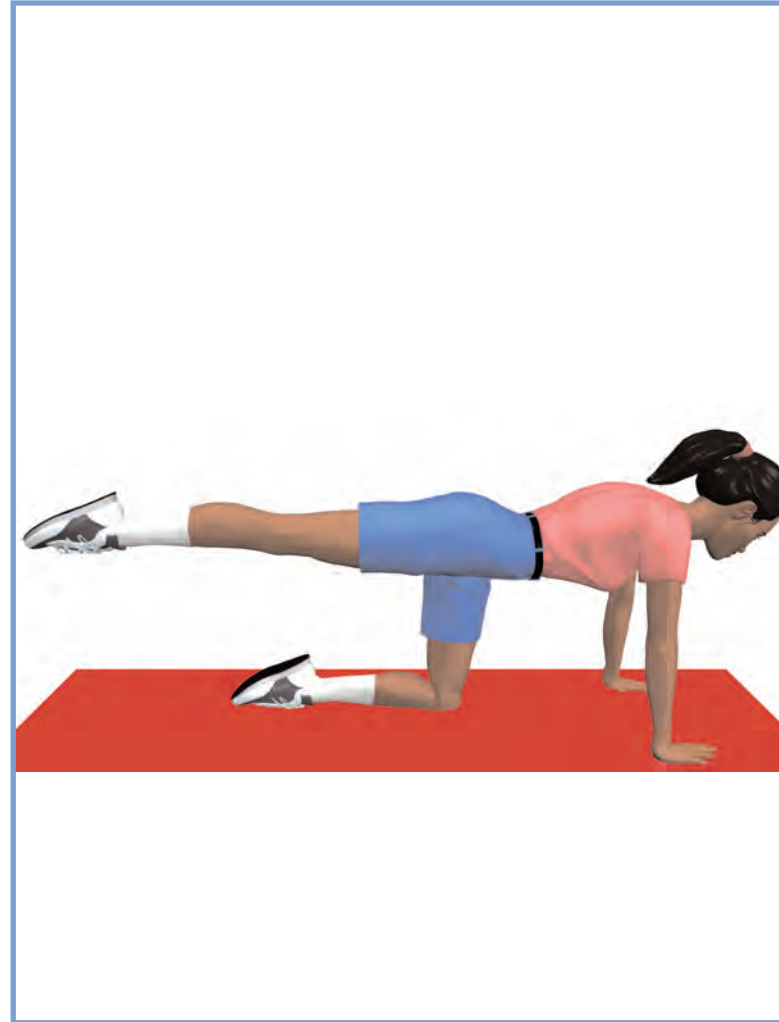


Hamstring Lift

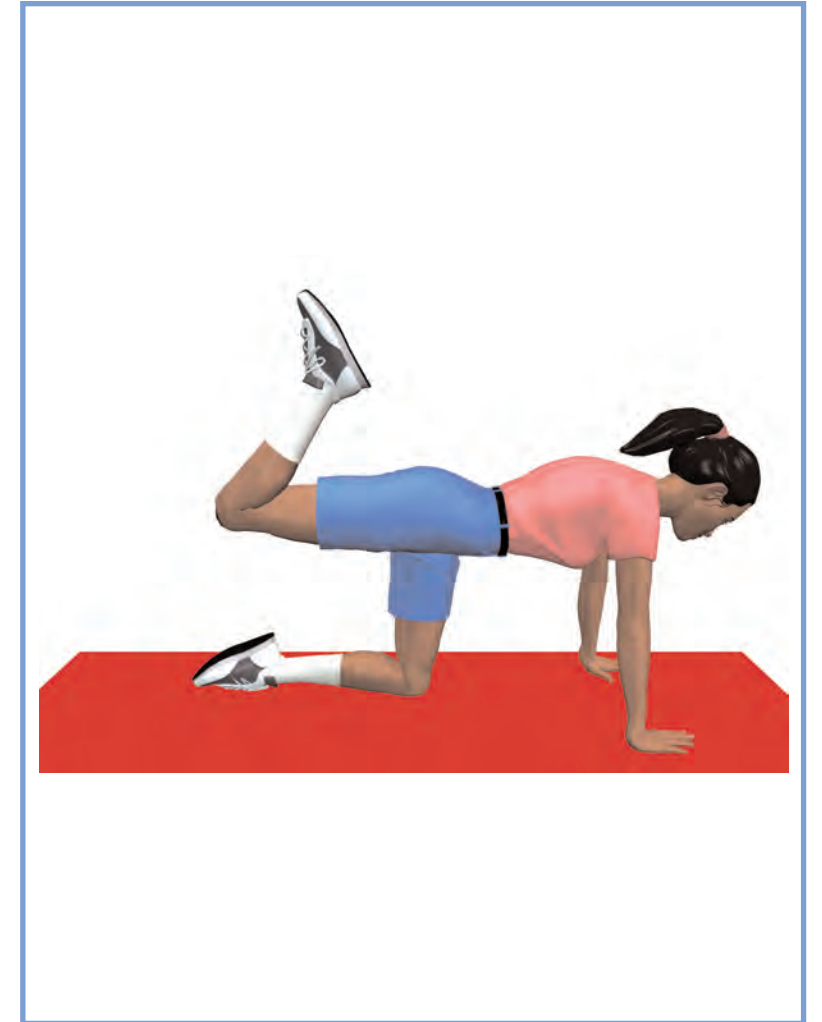
Hamstring Muscles



All fours



**Straighten leg
Extend knee**



**Heel toward
gluteals**

Thigh/Leg Strength and Endurance