

Try Something New

Hamstring Curl w/ Dip



- Sit on a step or bench w/ feet extended in front on top of a Swiss ball, hands placed beside seat, fingers curled around edge of bench.
- Lift butt off of bench, supporting body weight on arms and ball, balancing on ball with calves. Bend elbows and lower into a triceps dip.
- As you raise out of the dip, push down with calves and pull ball in towards bottom.
- For added challenge, ham curl ball in and hold, then dip down and hold, and then lift out of dip before pushing ball away

