

Hamstring Rehabilitation Exercises

WEIGHT ASSISTED EXERCISES		BODY-WEIGHT EXERCISES	
EXERCISE	REPETITIONS	EXERCISE	REPETITIONS
Good-Mornings (straight legs)	2 sets of 10	Squat Stance on Bozo	2 sets of 1min
Good-Mornings (bent legs)	2 sets of 10	One Legged Squat Stance on Bozo	2 sets of 45s
Squats	2 sets of 10	747 on Bozo	2 sets of 45s
Duck-Squats	2 sets of 10	Bridges (straight legs) on Physio-Ball	2 sets of 15
Dead Lifts	2 sets of 10	Bridges (bent legs) on Physio-Ball	2 sets of 15
Romanian Lifts	2 sets of 10	Bridge with Roll-Out on Physio-Ball	2 sets of 10
Step-Ups	2 sets of 10	Lunges on Bozo	2 sets of 12
Lunges	2 sets of 10	One Legged Bridges with shoulders on Physio-Ball	2 sets of 12
Side Lunges	2 sets of 10	One Legged Wall-Squat with Physio-Ball behind Back	2 sets of 15
One Legged Squats with ball	2 sets of 10	One Legged Straight-Leg Bridges on Physio-Ball	2 sets of 10

Notes:

- Always alternate an exercise from the first group with an exercise from the second
- Whenever exercises are done where legs need to be alternated, make sure the amount of repetitions are done on both the legs
- A session consists out of a total of twelve (12) exercises – six (6) per group