

Core Strengthening Exercises On The Glute-Ham

Since launching the latest version of the Glute Ham Back Machine I have had many individuals asking about the auxiliary exercises possible on this machine. This includes separate development of the upper and lower abdominal muscles, the obliques and lower back erector spinae muscles for spinal extension and rotation to the rear. All of these exercises can be done on the Yessis Glute Ham Back Machine.

Not surprisingly, most individuals do not realize the full capabilities of the Glute Ham machine that I developed and the glute-ham-gastroc raise exercise that I created. Nor do they have Glute Ham machines that allow for such development! Suffice it to say, the most effective Glute Ham machines should allow you to do 13 or more different exercises, with at least six of the exercises specific to the core.

If you include the hip joint muscles, then the number goes higher. In addition, you have adjustments to create the most effective exercise execution and intensity range as needed by a beginner and the most advanced athlete. The exercises can be made specific to each level of athlete as well as to each individual athlete.

In essence, you can challenge the weakest to the very strongest athlete in regard to core, especially lower back, and hamstring strength. The development that the athlete can attain makes it possible for him or her to improve their sports performance significantly. This is especially true of athletes who must throw, jump, run, kick or hit in their sport. As should be obvious, this includes athletes from football, baseball, soccer, tennis, basketball and so on.

Most often improvement is seen in the ability of the athlete to exert greater force, become more explosive or to increase speed. In addition, the glute-ham-gastroc raise when done as demonstrated on the Yessis Glute Ham Back Machine, has proven to be the most effective exercise for the prevention of hamstring injury. In addition, the core development has proven to be extremely effective in preventing injuries to the lower back and/or abdominal muscles.

If your machine does not allow for complete core training, check out the [Yessis Glute Ham Back Machine](#). It comes with a DVD showing execution of all the exercises together with an exercise manual explaining in detail each exercise with accompanying photographs.