

Figure 7-58. A glute/ham bench, a modified adjustable Roman chair with toe plates for the full range of motion exercise.

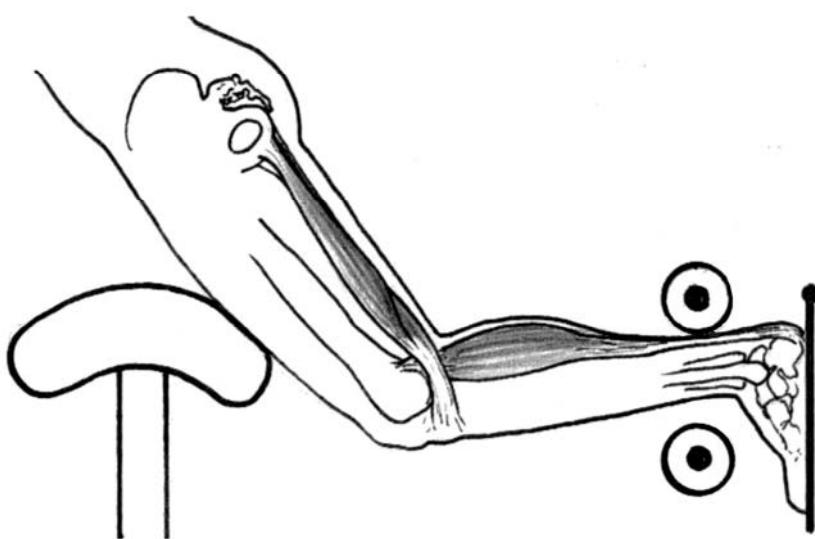


Figure 7-59. The glute/ham raise is essentially a back extension followed immediately by a bodyweight leg curl. The knee flexion is completable because the feet are blocked by the plate, enabling the calf muscles to contribute their proximal function to knee flexion. Without the plate, a full knee flexion into an upright position (as in fig. 7-60) is not possible.