



## ADVANCED TRAINING AND PERFORMANCE

### Nordic hamstring curls



#### Exercise Description

1. Using a partner or a sturdy table lodging your heels under
2. Slightly lean forward and slowly lower yourself down to the floor
3. Make sure and keep your hands in front of you to stop yourself from hitting the floor.
4. Sets and reps
  - 2-3 times/week
  - 2-3 sets
  - 5-8 reps

#### The Why

This should work your hamstrings! No other exercise will improve the control of your hamstring compared to this movement.

