

# Sports Hamstring Program

The hamstrings are vital components in sports activities such as sprinting and jumping. Injury or weakness of this complex can significantly impact performance and put you at risk for further injuries. The following is a program which identifies types of hamstring-specific exercises intended to strengthen this complex.

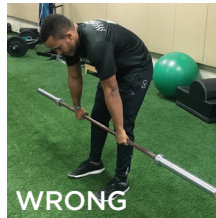
Exercises on each page move from easiest to hardest (A being easiest) and should be a supplement to your current strength program. They do not all have to be completed on a given day to see benefit. Sets and reps are variable depending on the focus; alternate heavy weight set days with lighter weight and higher rep days as a general rule.

## RDL - Romanian Dead Lift



### A. With Barbell

Back/shoulders are engaged while allowing a slight bend in the knees. Slowly hinge from the hips and allow the bar to move down your thigh. Tension should build in your hamstrings as you lower. Stop once you can no longer move with proper position. Back, shoulders and head should remain engaged throughout.



### B. With Dumbbell

Weight should be placed in the opposite hand as the stance leg. Similar to the bar exercise above, the hinging mechanics are used to lower the weight as the opposite leg moves in counter balance in line with the body.

## Kettle Swing



### A. Kettle Swings

The Kettle Bell, or Dumbbell Swing, can be extremely effective to build plyometric hamstring strength. The key is to perform this exercise as you would the RDL (using hip hinging mechanics), NOT like a squat. A second point to note is the weight does not move to an overhead position but only to 90 degrees related to the ground. Focus should be on keeping a slight bend in the knees, a tight back, shoulders back and set, and hips should move from extended to flexed. It is intended to be a dynamic maneuver to build plyometric strength in the hamstring complex.

### B. Banded Swings

The Band is placed under the feet and then crossed over the weight. The resistance will build as the weight moves higher. This modification is very advanced, and it is recommended a coach demo this prior to use.

## Bridge with Curl (2 pulses = 1 rep)

Any exercise below can be done either with one leg or with the hands elevated from the floor. Lifting the hands removes a base of support, thus challenging balance and increasing the intensity. The two pulses represent moving the feet up and back twice while maintaining the hip height.



### A. Slide Board

Begin with your legs extended on the board. Raise your hips from the ground while keeping your core and back tight. While keeping your hips as high as possible, slide your legs upward.



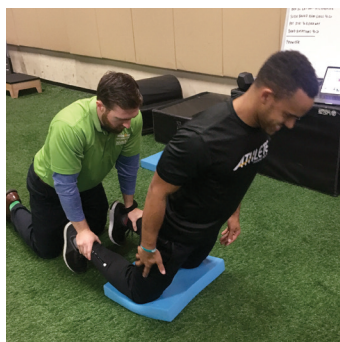
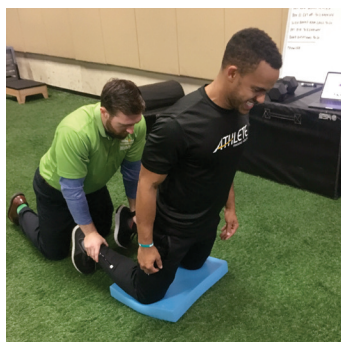
### B. Physio Ball

Progressing to a physio ball will add a level of balance to the exercise, which will increase the intensity. Note his hips are as high as possible when rolling the ball upward.

## Nordic Hamstring Curls

### A. Band-assisted

Place the band around the chest, while anchoring the feet.



### B. Non-weighted

Slowly lower your body toward the ground while keeping your hips and core tight and forward. Once you can no longer hold the position, release and catch yourself using your arms and walk yourself back upright to repeat. Heavy weight is typically not necessary, but can be used with correct form.