

Exercise 05 Hamstring Curl

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Hamstring Curls	1 - 2	10 - 20 Mild - Heavy	Working Set, Controlled Negative / Exploded Positive

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Hamstring Curls	3	Mild - Heavy	Working Set, Controlled Negative / Exploded Positive