


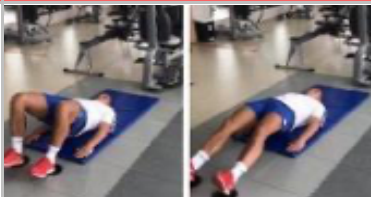



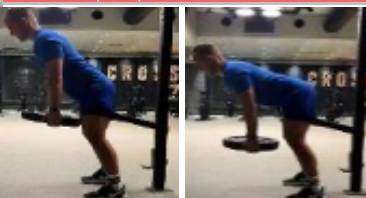


HAMSTRING PROGRAM

Boris Cmiljanic



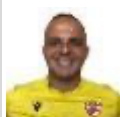
PART 1

ISO Hamstrings Hold	Hamstrings sliders	SL Roman Chair Hold
Exercise Notes https://youtu.be/-kUctUKlJk8	Exercise Notes https://youtu.be/lpVUMUwftxg	Exercise Notes https://youtu.be/UKdUhnltjng
		
Reps: 30sec Sets: 3 Rest between sets: 30 sec	Reps: 8 Sets: 5 Rest between sets: 1 min	Reps: 10sec each leg Sets: 10 Rest between sets: 10 sec
Stance KB Drop Ecc	Glide ISO	Russian Belt 60 ISO
Exercise Notes https://youtu.be/shorts/ly1ZhfU-ez4	Exercise Notes https://youtu.be/3UStGwJ38ro	Exercise Notes https://youtu.be/kmUxH8tz-ol
		
Reps: 8 each leg Sets: 5 Rest between sets: 1 min	Reps: 10sec each leg Sets: 10 Rest between sets: 1 min	Reps: 30sec Sets: 5 Rest between sets: 1 min

PART 2

KB Trunk Rotation	Nordic ISO 60 assisted	Hamstrings Glider 1
Exercise Notes https://youtu.be/shorts/LUJUNLy-KWA	Exercise Notes https://youtu.be/eUradNmbmM	Exercise Notes https://youtu.be/mPNg_Ed1Stg
		
Reps: 8 each leg Sets: 3 Rest between sets: 1 min	Reps: 30sec Sets: 5 Rest between sets: 1 min	Reps: 8 each leg Sets: 5 Rest between sets: 1 min
Hamstrings ISO Switch Load	Pulley Hip Ext Run Spec	Knee Flexion FW Hyper
Exercise Notes https://youtu.be/UwNkArpHbBM	Exercise Notes https://youtu.be/shorts/dMB1mjd1ty4	Exercise Notes https://youtu.be/shorts/JwYi/Ujcy1
		
Reps: 8 each leg Sets: 3 Rest between sets: 1 min	Reps: 10 each leg Sets: 3 Rest between sets: 1 min	Reps: 10 each leg Sets: 3 Rest between sets: 1 min

Above each picture is the video link of exercise and muscle area - click on it!



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