

Rehabilitation Program

Boris Cmiljanic

Program Description

Phase - Week 1

Injury

Body Part

Muscle

Injury date

Return To Play

Days Left

Training Date

0

07/10/2025

Hamstrings

Hamstrings

Hamstrings

Core



Ham activation

<https://youtube.com/watch?v=ZD3efxES4>

Reps: 10 each leg

Sets: 3

Rest between sets: 10 sec

Tempo: Dynamic

Pain: Scale:

ISO Single Leg Hold

<https://youtube.com/watch?v=0JGmiXgsauc>

Reps: 20s each leg

Sets: 5

Rest between sets: 1 min

Tempo: Isometric

Pain: Scale:

Standing Band ISO CP

<https://youtube.com/watch?v=DEP2XPfGxw>

Reps: 30s each leg

Sets: 5

Rest between sets: 45 sec

Tempo: Isometric

Pain: Scale:

Conic Pulley Standing

<https://youtube.com/watch?v=T4QdPlguu4>

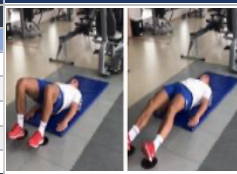
Reps: 10s each leg

Sets: 5

Rest between sets: 20 sec

Tempo: Dynamic

Pain: Scale:



Hamstrings sliders

<https://youtube.com/watch?v=GpVDMUwFtxg>

Reps: 10 each leg

Sets: 5

Rest between sets: 20 sec

Tempo: Dynamic

Pain: Scale:

Ball Push ISO Hamstrings

<https://youtube.com/watch?v=aSGwPpy4lqM>

Reps: 10 each leg

Sets: 3

Rest between sets: 30 sec

Tempo: Dynamic

Pain: Scale:

DB Romanian Deadlift

<https://youtube.com/watch?v=xDxmsDU3vAs>

Reps: 8

Sets: 5

Rest between sets: 30 sec

Tempo: 5/2/3

Pain: Scale:

Half-Kneeling Hamstrings Slider

<https://youtube.com/watch?v=GqH-45TeBbo>

Reps: 10 each leg

Sets: 5

Rest between sets: 30 sec

Tempo: 5/3/1

Pain: Scale:



SL slow ecc Hamstrings slider

<https://youtube.com/watch?v=QAWBbKEZAWE>

Reps: 8 each leg

Sets: 3

Rest between sets: 30 sec

Tempo: 5/3/1

Pain: Scale:

ISO Hold Hamstrings Load

<https://youtube.com/watch?v=DgSDICEpnT8>

Reps: 30sec

Sets: 3

Rest between sets: 2 min

Tempo: Dynamic

Pain: Scale:

Nordic Curl

<https://youtube.com/watch?v=rR78c0RDuDe>

Reps: 6

Sets: 4

Rest between sets: 1 min

Tempo: Eccentric

Pain: Scale:

Hamstrings Glider 1

https://youtube.com/watch?v=mPWg_EdStg

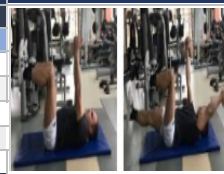
Reps: 10 each side

Sets: 3

Rest between sets: 30 sec

Tempo: Dynamic

Pain: Scale:



Dead Bug

<https://youtube.com/watch?v=NOG-Mn8aQAI>

Reps: 6 each leg

Sets: 2

Rest between sets: 30 sec

Tempo: Dynamic

Pain: Scale:

FB ISO trunk overhead hold

<https://youtube.com/watch?v=sxka8rvv394>

Reps: 30sec

Sets: 2

Rest between sets: 30 sec

Tempo: Dynamic

Pain: Scale:

PallofPress + Rotation

<https://youtube.com/watch?v=AmLrNgxyJic>

Reps: 6 each side

Sets: 3

Rest between sets: 30 sec

Tempo: Dynamic

Pain: Scale:

Lunge Pallof Press + Rotation

<https://youtube.com/watch?v=-tlaaY3N2FD>

Reps: 6 each side

Sets: 2

Rest between sets: 30 sec

Tempo: Dynamic

Pain: Scale:



Additional Notes:



Fitness Coach: Aleksa Boskovic
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