

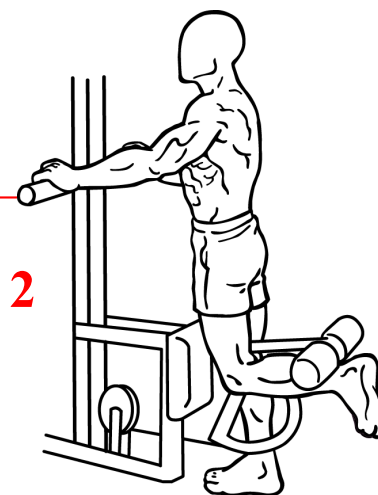
Legs: Hamstrings

Hamstrings:

Building hamstrings is simple. You need full contraction of the hamstring in order to build it. The best exercise for this is the leg curl.

There are a few variations of leg curls:

- 1) Lying
- 2) Standing (one-leg)
- 3) Seated (not pictured)



Although all 3 exercises give a full contraction of the hamstring muscle. **The lying curl gives you the best leverage** (you can lift more weight), therefore most of your sets should be done on the lying leg curl machine (if available).

Ideally you want to do between 7-10 sets of hamstring curls to build them. The rep range will be 6-12 reps in a pyramid style. Train your hamstrings 5x in a 2 week period (one week you will train them 3x and the following week you will train the 2x)

Example:

Set #1: 50 lbs - 12 reps

Set #2: 60 lbs - 12 reps

Set #3: 70 lbs - 10 reps

Set #4: 80 lbs - 8 reps

Set #5: 80 lbs - 6 reps

Set #6: 70 lbs - 8 reps

Set #7: 60 lbs - 10 reps

Set #8: 50 lbs - 12 reps

Rest 1-2 minutes between sets so that you have recovered most of your strength for the next set.

The weights used in the example are just suggestions. Use the weight that's appropriate for you.