

# 10 Nordic Hamstring Curl Progressions

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Exercise	Constraints	Prescription
<b>Short Length Nordic Overcoming Isometric</b>  	Hand supported with bench in front. Knee angle progressing from 100-140°.	<b>4x3x5s</b> (Maximum Effort)
<b>Short Length Nordic Yielding Isometric</b>  	Isometric holds with no hand support, progressing from 100-140°.	<b>3x3x10s</b>
<b>Long Length Nordic Overcoming Isometric</b>  	Hand supported with small bench to hands on floor. Knee angle progressing from 150-170°.	<b>4x3x5s</b> (Maximum Effort)
<b>Band Assisted Nordic Hamstring Curl</b> 	Band supporting around the chest and shoulders to offload system weight at long lengths.	<b>4x8</b>
<b>Long Length Nordic Yielding Isometric</b> 	Hands on floor in push up position, release hand support 1-2s at a time (attempting to hold).	<b>5x10</b> (+ 1-2s pulses)
<b>Nordic Hamstring Curl</b> 	Standard Nordic Hamstring Curl.	<b>4x5</b>
<b>Nordic Hamstring "Stretch Isometric"</b> 	Standard Nordic Hamstring Curl followed immediately by a <u>supramaximal overcoming isometric</u> .	<b>3x5</b> (+5s maximal effort isometric)
<b>Loaded Nordic Hamstring Curl</b> 	Standard Nordic Hamstring Curl with additional weight held to chest.	<b>4x3</b> (5-15kg added)
<b>Long Length Nordic Yielding Isometric</b>  	Isometric hold in a long muscle length position, progressing from 150-170°.	<b>3x3x5s</b>
<b>Loaded Long Length Nordic Yielding Isometric</b>  	Isometric hold in a long muscle length position, progressing from 150-170° with additional load held at chest.	<b>3x3x3s</b> (5-15kg added)