

1. Nordic Hamstrings

🕒 3 x 3-5 repetitions

- Purpose: To strengthen the hamstrings muscles
- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 8-12 repetitions



1. Nordic Hamstrings

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the hamstrings muscles
- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 8-12 repetitions



1. Nordic Hamstrings

🕒 3 x 8-12 repetitions

- Purpose: To strengthen the hamstrings muscles
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- Use your arms to push yourself back to the start position
- 3 x 8-12 repetitions

