



NWA: Hamstrings .. another idea

Exercise the muscle in a postural position that most closely approximates your sports movement.

If you are a runner / footballer / netballer, for example, strengthen the muscle with movements in postural positions and through ranges of motion similar to the demands of the sport.

Light weights .. rel. high repetitions ..
e.g. light ankle weights / iron shoe (2-5kg.) .. 10-15 slowly executed curling movements; 2-3 sets / 2-3 days/week.

Progress patiently.

Remember: because we seldom undertake such specific strengthening movements, a little can achieve a lot.

Finish feeling you could do more .. train, don't strain.

Hamstrings: main function is flexion of the leg at the knee joint.

Often neglected ... very important to balance the strength potential of muscle groups.
Specific tasks to strengthen and gradually (months) improve explosive execution should be built into training programs in many sports, especially those involving sudden, explosive, and unexpected movements and/or changes of direction.

