

The hamstring muscles act at the knee and the hip joints. One function is to extend the hip when the trunk is fixed thus giving it that “stretch” feeling. The other function is to bend and flex the knee giving it a “contraction” in the bicep femoris.

Focus on the feeling of the targeted muscle using mind-muscle-connection and really concentrating your senses. Don't just go through the motion.

Hams	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				
1	Seated Leg Curl	30 seconds	3 sets	15	Hold the last rep and slowly release (negative)
2	Straight Leg V-Romanian	45 seconds	3-4 sets	15	NOT a squat. Keep those feet narrow and knees slightly bent the whole time.
3	Step Romanian	45 seconds	3-4 sets	15	Keep knees slightly bent, toes off the edge. Do not squat.
4	Lying Single Leg Curl	30 seconds	3-4 sets	15 each	Don't just rep. Contract and squeeze at the top.