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FREE GUIDE

The Nordic curl 3-level plan

For anyone who sprints. Train your hamstrings to brake while they lengthen, twice a week.



1 The Nordic curl

2× A WEEK **3 × 6** **3 S DOWN**

1. **Kneel** on a cushion. **Lock your ankles** under something heavy, or have someone hold them.
2. Body **straight** from knees to head. Don't bend at the hips.
3. Lower forward **as slowly as you can**.
4. Catch yourself with your hands, then **push back up**.



2 Too hard? Build up in 3 levels

Same dose at every level. Move up when it feels easy.

1. **Seated leg curls**: lift with both legs, lower with one (3 s). No gym? **Slider curls**.
2. **Single-leg Romanian deadlifts**: hinge, flat back, feel the stretch
3. **Assisted Nordics**: lower as far as you control, push back up with your hands

Sore for a day or two after the first sessions? Normal. Keep going.

⚠ Get it checked first if...

- you have a **fresh or painful hamstring injury**
- you feel a **sharp pain or pop** during the exercise
- **numbness or tingling** down your leg
- **pain at your sitting bone** that's worse when you sit



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Educational content only. Not a substitute for an in-person assessment by a physiotherapist or doctor. Stop any exercise that causes sharp or worsening pain. Programs with Nordic curls cut hamstring injuries by up to 51%: van Dyk et al., Br J Sports Med, 2019.