



LEGS
WORKOUT



HAMSTRING FOCUSED
LEG WORKOUT



HAMSTRING LEG WORKOUT

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TRAINING LEVEL: INTERMEDIATE

WORKOUT DURATION: 1 DAY

WORKOUT NOTES:

We recommend doing a few warm up sets before each exercise at a lower weight. This ensures you are properly warmed up and ready for your "working" sets.

EXERCISE	SETS	REPS	TEMPO	REST	VIDEO
Seated Hamstring Curl	3	7, 7, 12	2110	2 Min	
Barbell Stiff-Leg Deadlift	2	8	2110	2 Min	
Lying Hamstring Curl	2	12	3110	2 Min	
Back Ext. Hamstring Focused	2	15	2010	2 Min	