

## Exercise Guide for a Sublime Appearance!

### Hamstring Curl Set Up



This exercise is very much straight forward. The bench usually can't be adjusted so you lie down following the shape of the bench with the upper body and the thighs. The knees move freely and are not lying on the bench.

## From Down to Up and Down again



The leg attachment which is the bit that moves has at least a length adjustment and sometimes an angle adjustment as well.

**Place** it in a way that the pads end up **below the calves** and that you can feel a very slight pressure when your legs are still straight.

**Feel the pressure point.**

Take a **deep breath in** and **lift the weight** by only bending the knees until the **pad touches the thighs** while **breathing out**.

Let the **weight down** in a very nice and **slow movement** while breathing in. Do not let the weight rest on the bottom pile. It is supposed to be 'in the air' during the whole exercise.

The down movement is as important in this exercise as the actual lifting of the weight.

<b>Hamstring Curl</b>	
<b>Number of sets:</b>	4
<b>Number of repetitions:</b>	8 - 12
<b>Duration:</b>	<p>8 - 12 minutes</p> <p>I find this exercise rather breath-taking, thus I allow a bit bigger breaks. If I'm a bit in a rush then I can speed it up by shortening the breaks, what usually cost me some repetitions in the third and fourth set.</p> <p>This is not a problem. I only take care that I don't do this every time. There have to be sessions in between where I enjoy the longer breaks and can do more reps or can increase the weight. Hamstrings are big muscles and they need the big weights which are not possible when rushing through it.</p> <p>Cutting a long story short: Variation is good between</p> <ul style="list-style-type: none"><li>• Long break / heavy weight / more reps</li><li>• Short break/ less weight/ less reps</li></ul> <p>However, the last repetition always has to be the last possible. Keep a training diary to find your best break/weight/rep proportions.</p>
<b>Progress:</b>	<p>14 is absolute cut-off.</p> <p>Usually the weight plates are rather heavy for women. That means that increasing the weight might make you drop to 6-8 repetitions. This is one reason why I don't like the machines a lot. The weight increase is measured for guys. So we have to train to higher numbers of repetitions.</p> <p>So if your machine has small plates then increase weight when you feel that 12 are too easy. If the plates are big then train up to 14 before you increase.</p>