



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE 6 BEST HAMSTRING EXERCISES YOU NEED TO DO (AND THE ULTIMATE HAMSTRING WORKOUT)



THE 6 BEST HAMSTRING EXERCISES

01. Romanian Deadlift

When performed correctly, it's an incredibly effective way to isolate and overload the hamstrings.

02. Barbell Back Squat

It's the single most effective exercise you can do for building strong, muscular legs.

03. Bulgarian Split Squat

Research shows it's fantastic for building leg (and hamstring, in particular) strength while also minimizing strain on the lower back.

04. Glute-Ham Raise

Research shows it's one of the best exercises you can do for activating the hamstring muscles.

05. Leg Curl

The leg curl is a simple but effective way to target the hamstrings.

06. Kettlebell Swing

A fantastic "finisher" for your hamstring training.

THE ULTIMATE HAMSTRING WORKOUT

Do the following workout once every 7 days for the next 8 weeks:

Barbell Back Squat

Warm up and 2 sets of:

- ✓ Men/Experienced Women: 4 to 6 reps (~85% of 1RM)
- ✓ Inexperienced Women: 8 to 10 reps (70 to 75% of 1RM)

Romanian Deadlift

2 sets of:

- ✓ Men/Experienced Women: 4 to 6 reps (~85% of 1RM)
- ✓ Inexperienced Women: 8 to 10 reps (70 to 75% of 1RM)

Bulgarian Split Squat

2 sets of:

- ✓ All: 8 to 10 reps

Glute-Ham Raise

- ✓ All: 2 sets to failure

Once you hit the top of your rep range for one set, move up in weight.

Rest 3 minutes in between each 4-to-6-rep set and 1 minute in between 8-to-10-rep sets.

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