



Hamstring Workout Template

In the first example from this [Youtube video](#), there are two Lower Body Days in our training split. Fill in the rest of the training days as you like with upper or full body – if you need ideas, try a free trial of my [Persist](#) training program.

LOWER BODY DAY 1

Heavy Hip Dominant

A. Snatch Grip Romanian Deadlift; 3111 × 6–10 Reps; rest 2mins between Sets x 4

Lighter Knee Dominant

B1. Lying Hamstring Curl; 21X0 × 10–15 Reps; rest 2mins between Sets x 3

B2. Alternating 2 Up 1 Down Lying Hamstring Curl; 30X0 × 10/leg; 1 Set

Speed Movement

C. Stiff-Legged Russian Kettlebell Swing; Every Minute on the Minute x 8mins – 10–12 Reps

LOWER BODY DAY 2

Heavy Knee Dominant

A. Nordic Hamstring Curl Negatives; 51X1 × 4–6reps; rest 2mins between Sets x 4

Lighter Hip Dominant

B. 45 Degree Hip Extension; 30X0 × 15–20reps; rest 2mins between Sets x 3

*On the final rep of each set hold for 20sec at the top before you rest

Unilateral Movement

C. Hand Supported Single Leg Dumbbell RDL; Every 90sec x 6 Sets
(3 Sets per leg) – perform 10–12reps/side @ 2011 Tempo

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In this second example, we would have 1 big leg day and two full body pull days.

LEG DAY

Heavy Knee Dominant

A. Nordic Hamstring Curl Negatives; 51X1 × 4–6reps; rest 2mins between Sets x 4

Lighter Knee Dominant

B1. Lying Hamstring Curl; 21X0 × 10–15 Reps; rest 2mins between Sets x 3

B2. Alternating 2 Up 1 Down Lying Hamstring Curl; 30X0 × 10/leg; 1 Set

PULL DAY 1

(Performed with other Pull Exercises like the Strict Pull Up, Lat Pull Down, and Bicep Curl)

Heavy Hip Dominant

A. Snatch Grip Romanian Deadlift; 3111 × 6–10 Reps; rest 2mins between Sets x 4

Speed Movement

B. Stiff-Legged Russian Kettlebell Swing; Every Minute on the Minute x 8mins – 10–12 Reps

P U L L D A Y 2

(Performed with other Pull Exercises like the Seated Cable Row, Rear Delt Fly, and Reverse Bicep Curl)

Lighter Hip Dominant

A. 45 Degree Hip Extension; 30X0 × 15–20reps; rest 2mins between Sets x 3

*On the final rep of each set hold for 20sec at the top before you rest

Unilateral Movement

B. Hand Supported Single Leg Dumbbell RDL; Every 90sec x 6 Sets
(3 Sets per leg) – perform 10–12reps/side @ 2011 Tempo

L O O K G O O D M O V E W E L L

The **Persist** training program is designed to build muscle without the burnout. Build strength, athleticism, and visible muscle while avoiding pain and injury. Try all 5 tracks free for 2 weeks!

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