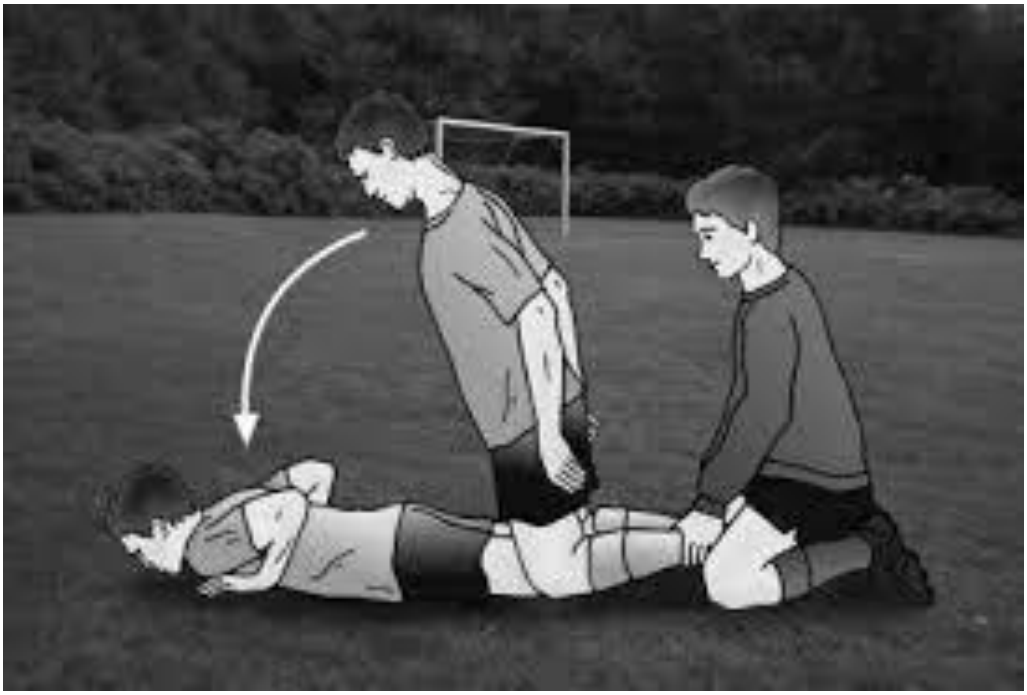
Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Nordic Hamstring Exercise
Home Exercise Program



Week	*Sessions Per Week*	*Sets and Reps*
1	1	2 x 5
2	2	2 x 6
3	3	3 x 6-8
4	3	3 x 8-10
5-10	3	3 sets, 12-10-8 reps
10+	1	3 sets, 12-10-8 reps

Reproduced from Petersen et al (2011)