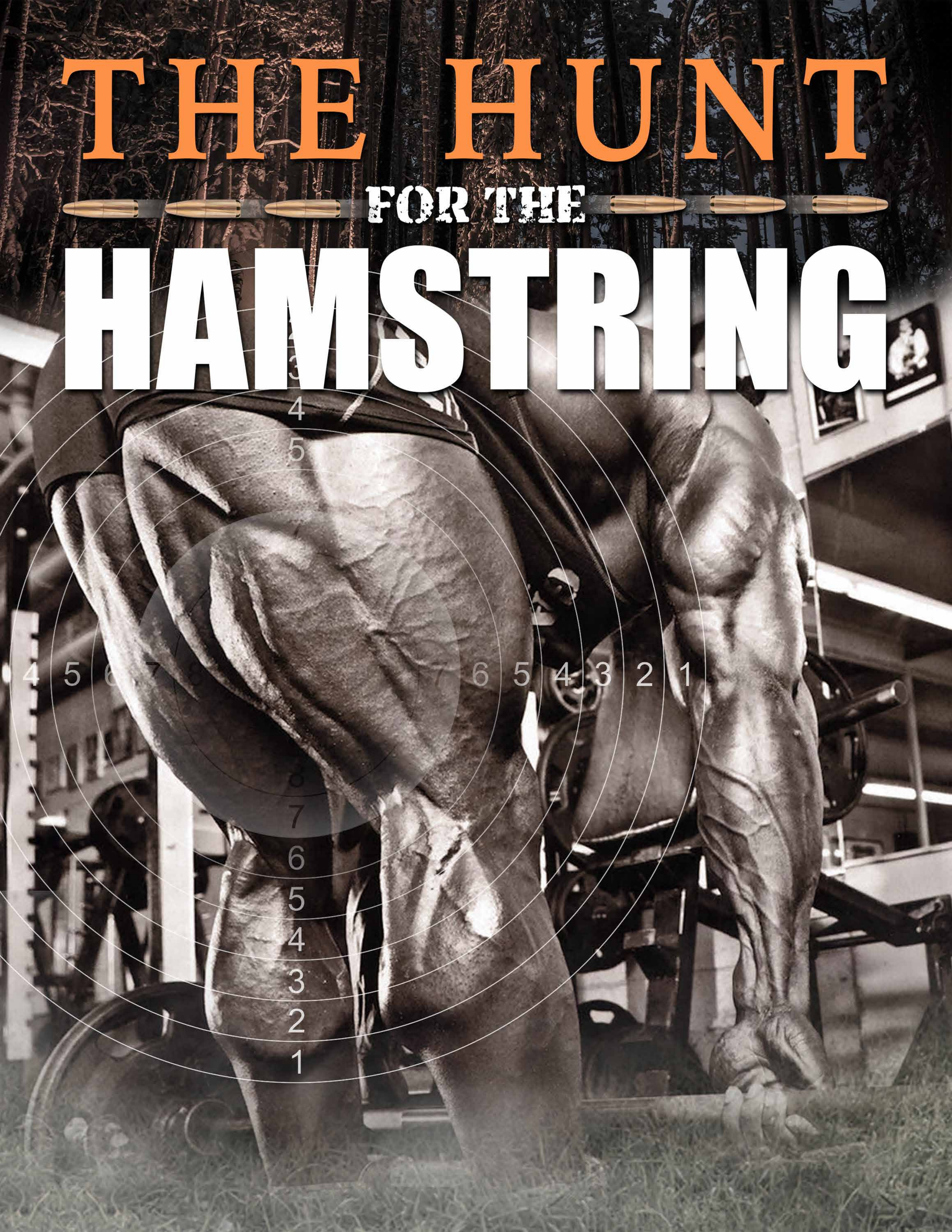


# THE HUNT

FOR THE

# HAMSTRING



4 5 6 7 6 5 4 3 2 1  
8 7 6 5 4 3 2 1

# TRACKING ITS MOVEMENTS

## ▸ STRAIGHT LEG DEADLIFT ▸

### EXERCISE GUIDE:

Step 1: The movement can be done with barbells or dumbbells. Position the equipment in front of you as you stand before it.

Step 2: Stand in front of the weight with feet just at or just wider than hip width and your hands straight down.

Step 3: Pull your shoulders back and contract your lats to pull your shoulders down. Before beginning, breathe out and pull your belly button in towards your spine. Hold your stomach in this position.

Step 4: Begin to shoot your hips back, lowering your torso towards the ground. As your hips shoot back, slightly bend your knees to a small ten-degree bend.

Step 5: Keep your torso upright, sticking your chest out and shoulders retracted.

Step 6: Grab the bar or dumbbells firmly with your hands shoulder width apart.

Step 7: Begin thrusting your hips forward, using your glutes and hamstrings to extend your hips and bring your torso up. Do not use your lower back.

Step 8: Come to a standing position without hyperextending your back (leaning backwards).

Step 9: Slowly lower the bar back to the ground in the same form you initially grabbed the bar.

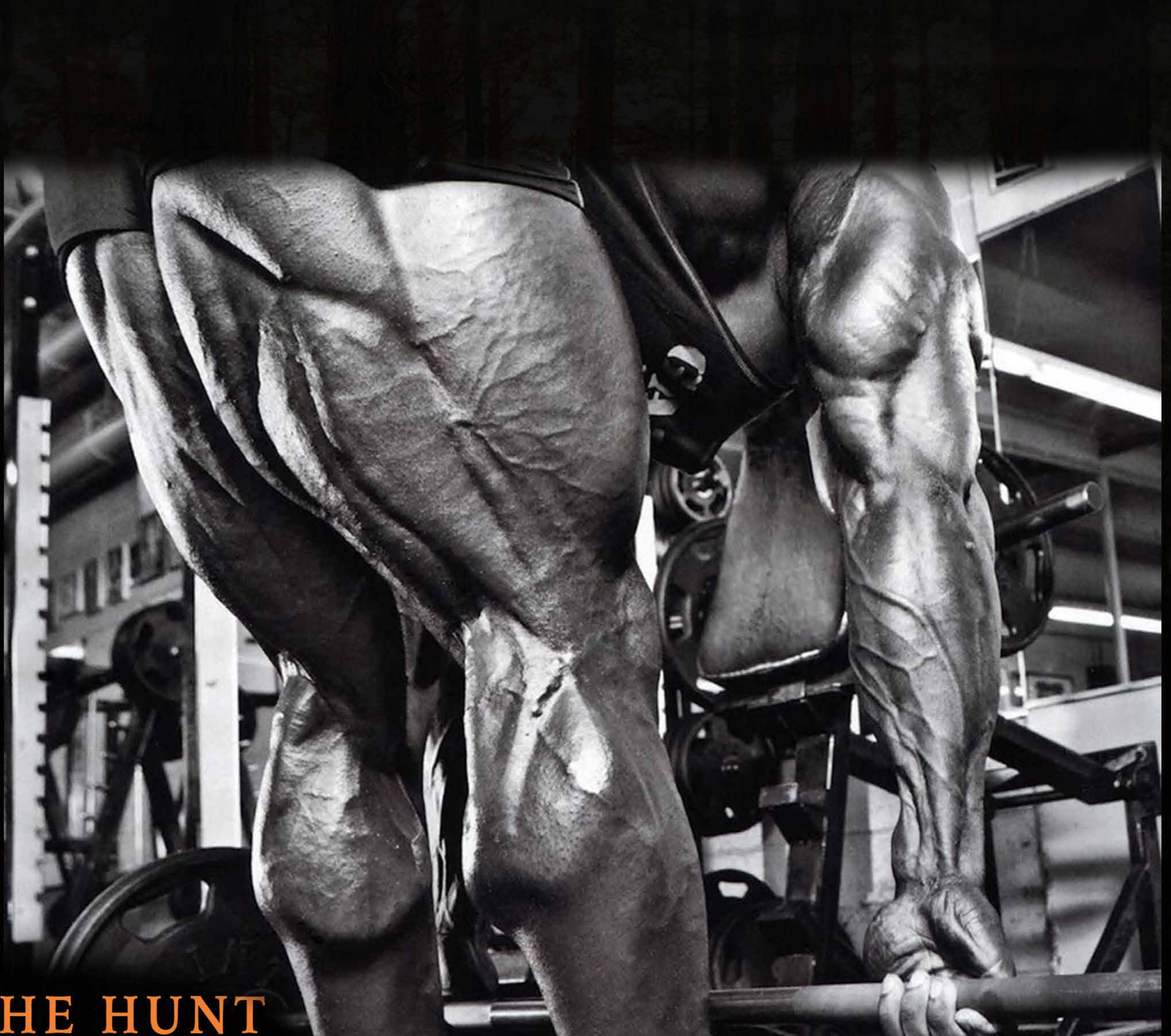
Step 10: Repeat the movement for the indicated reps.

# TRACKING ITS MOVEMENTS

## ▾ STRAIGHT LEG DEADLIFT ▸

### COMMON MISTAKES:

**YOU CANNOT CARRY THE CREW ON YOUR BACK** - Make sure you retract your shoulders before you grab the bar. Before hinging forward to grab the bar, make sure you brace your stomach. Thrust with your glutes without using your back. If you attempt to pull too much you will injure yourself and ensure the beast is always out of reach.



# TRACKING ITS MOVEMENTS

## ▾ MULTIDIRECTIONAL HAMSTRING CURLS ▸

### EXERCISE GUIDE:

Step 1: Choose the seated or kneeling hamstring curl.

Step 2: Begin with your toes pointing out, pulling your heels towards your glutes. Keep your hips bent.

Step 3: Complete the reps indicated with your toes pointing out.

Step 4: Next start the reps with your toes pointing in, pulling your heels towards your glutes. Remember to keep your hips bent.

Step 5: Complete the reps indicated with your toes pointing out.

### COMMON MISTAKES:

**NOT POSITIONING FOR SUCCESS** - If your map, compass, or team are not aligned properly you will never find your prey. Make sure everything is aligned properly. Your knees should align with the fulcrum of the machine (the pivot point of the part that moves the weight). The part of the machine that rests on the back of your ankle should be on your calf just above the ankle.

TRACKING ITS MOVEMENTS

▸ MULTIDIRECTIONAL HAMSTRING CURLS ▸



**THE HUNT**  
FOR THE  
**HAMSTRING**

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# TRACKING ITS MOVEMENTS

## ▾ NORWEGIAN HAMSTRING CURLS ▸

### EXERCISE GUIDE:

Step 1: Secure your feet by using the Glute Ham Raise, a smith machine, or a friend holding them down.

Step 2: Place matting under your knees and stand upright on your knees, pushing your hips forward.

Step 3: Begin lowering yourself down to the ground as slow as you can while pulling your heels towards your glutes.

Step 4: Once your hands catch yourself on the ground, pull your hamstrings in a concentric contraction to bring yourself back up, with your hands assisting if needed.

Step 5: Repeat for the indicated number of reps while going as slow as you can.

### COMMON MISTAKES:

**AVOIDING THE MOST DIFFICULT PART OF THE HUNT** - Too many people push themselves off the ground to make the movement easier. The easiest path does not lead to the spoils. Once you hit the bottom, try to pull yourself as much as possible, using your hands as a secondary means to getting back to the top. This movement can be done on the floor or the roman chair (also known as the Glute Ham Raise).

# TRACKING ITS MOVEMENTS

## ▸ NORWEGIAN HAMSTRING CURLS ▸



# TRACKING ITS MOVEMENTS

## ▾ GLUTE BRIDGE HAMSTRING CURLS ▸

### EXERCISE GUIDE:

Step 1: Lay on the ground on your back also known as the supine position with legs straight out.

Step 2: Place towels or valslides underneath your heels.

Step 3: Begin to push your heels into the ground while pulling them up towards your body.

Step 4: While your heels slide up towards your torso, lift your hips up off the ground into a full bridge, as high as you can.

Step 5: Pull your heels as high as you can. Then begin to push your heels back out and lower your hips to the ground. Repeat for the reps indicated.

### COMMON MISTAKES:

**YOU CAN'T FAKE THE FIGHT** - I often find people pulling their heels to their glutes, contracting their hamstrings without lifting their hips into a bridge. Make sure you elevate your hips off the ground into full extension to ensure full use of your hamstrings and their functions.



# TRACKING ITS MOVEMENTS

## ▾ GLUTE BRIDGE HAMSTRING CURLS ▸



**THE HUNT**  
FOR THE  
**HAMSTRING**

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# THE FINAL FIGHT

You've managed to wrangle your crew together for a final hunt. You briefed your team on the creature's habits, movements, and abilities. You yourself have sharpened your weapons in preparation for the ultimate test of will. Now is the time to grip your gear tight and stare oblivion in the face. The creature has taken your bait and is bounding towards you. Will you have what it takes to master the hamstring?



**THE HUNT**  
FOR THE  
**HAMSTRING**

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# THE FINAL FIGHT

## WORKOUT #1

Movement	Sets	Reps	Intensity	Rest
Glute Bridge Hamstring Curls	3	12		45 seconds
Straight Leg Deadlifts	5	5	85%	120 seconds
Norwegian Hamstring Curls	4	8		45 seconds
Multidirectional Hamstring Curls	4	20	65%	60 seconds



# THE FINAL FIGHT

## WORKOUT #2

Movement	Sets	Reps	Intensity	Rest
Multidirectional Hamstring Curls	4	12	70%	60 seconds
Straight Leg Deadlifts	4	16	65%	60 seconds
Norwegian Hamstring Curls	5	8		45 seconds
Glute Bridge Hamstring Curls	4	20		45 seconds

## WORKOUT #3

Movement	Sets	Reps	Intensity	Rest
Glute Bridge Hamstring Curls	4	12		30 seconds
Straight Leg Deadlifts	5	10	80%	90 seconds
Norwegian Hamstring Curls	5	10		30 seconds
Multidirectional Hamstring Curls	10	6	85%	30 seconds