The Hamstrings

The hamstrings' function and particular anatomical and physiological structure warrant a special approach: they are V-shaped, pennate muscles, and are made up of numerous short fibers with a great deal of connective tissue, so they have a strong tendency to be stiff.

From now on, you must be proactive about your hamstrings:

- **Warm up first using leg curl variations** (opening and closing the feet, with pointed or flexed feet) while inclining the torso at different angles and moving the pelvis from a tilted forward to a tilted backward position (see photo)
- **After a workout, stretch thoroughly** (to restore their original length and maintain their initial eccentric function)
- **When using a leg curl machine**, remember to alternate the legs so that both sides do equal work
- **Eccentric training**, which is more demanding, should be preceded by concentric training (or even isometric training)
- **Finish with dynamic leg curls** to get the muscles back into their regular movement pattern (+ some possible isometric training such as straight-leg running)