

# HAM IT UP WORKOUT

WITH 3X MS BIKINI OLYMPIA

*Ashley Kaltwasser*

- To bring up lagging or weak hamstrings, perform both workouts each week, with at least three days separating the training days. Train quads separately.
- To just add more focus to your hamstrings, consider splitting up your quad and hamstring training into separate days. Choose one of the workouts for the hamstring day.
- If only training legs once per week, consider adding a few quad-focused (i.e., leg extensions) or compound lower body exercises (i.e., squats, lunges) to one of our workouts.

EXERCISE	SETS	REPS
<b>WORKOUT 1</b>		
ROMANIAN DEADLIFT	5	10
BENCH DUMBBELL HAMSTRING CURL	4	15
GOOD MORNING 4 X 12		
SINGLE-LEG STABILITY BALL CURL	4	15, EACH LEG
<b>WORKOUT 2</b>		
GLUTE-HAM RAISE	5	8 (OR UNTIL FAILURE)
HAMSTRING CURL MACHINE	4	12
CABLE PULL-THROUGH	4	12
DUMBBELL SINGLE-LEG DEADLIFT	4	10, EACH LEG