



OFFICIAL USER MANUAL



Nordbelt

Hamstring Training

Nordic Hamstring Curl. Everything you need to attach it safely, perform the exercise correctly and build up in a structured way.

122 kg

MAXIMUM USER WEIGHT

18+

MINIMUM AGE

ISO 20957

GUIDELINES FOLLOWED

[Go to the shop · nordbelt.com](https://nordbelt.com)

What this manual covers

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In the box

- Nordbelt™ ankle strap with metal buckle and hook-and-loop fastening
- Carry bag
- This manual, including the training protocol

Anything missing or damaged on arrival? Get in touch before first use.



Lost your manual? The current version is always available at nordbelt.com — print it or keep it on your phone.

Read this before first use

Nordbelt is intended for users up to 122 kg and aged 18 or over. Safe use never depends on a single material value: attachment, anchor point, surface, instruction and appropriate load always work together.

A strong component does not make a weak anchor point safe. Check the attachment before every set, even when you have used the same setup many times before.

Before every session

- **Check for wear and tear.** Inspect the strap, stitching, loops and buckle. Do not use Nordbelt if there is visible damage or unexplained deformation — contact customer service.
- **Do not replace parts yourself.** The parts are matched to each other; modifications make the setup unpredictable.
- **Check the anchor point.** The door, fence or bench must be solid and firmly secured. Load it with your hands first, in the same direction as during the exercise.
- **Use a steady, flat, non-slip surface.** Keep a safe amount of clear space around the area where you train.
- **Warm up for 5 to 10 minutes.** Never start a Nordic curl cold.

During use

- **Keep children and pets away.** Do not leave Nordbelt unattended while in use.
- **Wear footwear with non-slip soles.** Place a mat, cushion or something soft under your knees.
- **Stop immediately if you feel pain.** Sharp or stabbing pain is not a training stimulus.
- **Rest enough between sets.** This exercise overloads faster than most people expect.

With injuries or in rehabilitation. If you have a hamstring injury or other complaints, consult a doctor or physiotherapist first. Depending on the stage of recovery there is a risk of further tearing. Medical indication, timing and load are determined by the treating professional.

Three ways to secure it

You need one stable point that holds your ankles. Always choose something that cannot open, slide or tip.



1

Under a door

Slide the strap under the door with the buckle facing the closing side. Close the door fully.



2

On a fence or beam

Pull the strap through its own loop around the fence or beam. Choose a firmly anchored fence, not a loose panel.



3

On a fitness bench

Pull the straps through each other's loop and around the bench. Check that the bench cannot slide.

Never use the opening side of the door. Always attach so the door stays pushed shut while you train and cannot swing open towards you.

Test it before you put your body weight on it. Pull firmly on the strap in the same direction the load will come from. If anything moves, choose a different anchor point.

Not suitable as an anchor point

- Doors that can swing towards you or do not close fully
- Benches on wheels and any loose or movable furniture
- Garden fences or panels that are only pushed into the ground
- Radiators, pipes and skirting boards
- Anything you can already make move with your hands
- Anchor points where you lose sight of the strap

Fitting and curling



Fitting the strap

1. Kneel facing away from the attachment point.
2. Place your feet between the adjustable straps.
3. Adjust both sides so the strap sits securely over your ankles and lower legs.
4. Fasten the hook-and-loop and check that the buckle is fully clicked shut.



Keep your torso aligned and your hands ready to catch yourself.

PHASE	WHAT YOU DO
Starting position	Kneel upright, torso in one line from knee to shoulder. Engage your hamstrings and glutes, hands ready at chest height.
Lowering	Lean slowly forward from the knees with a straight back. Brake the movement with your hamstrings — this is the working part.
Catching	Catch yourself with your hands before your torso touches the ground. Return under control, contracting your hamstrings if possible.
Repetitions	Start with 2 sets of 5 repetitions and build up according to the protocol on the next page.

Do not go further than your control reaches. Lean forward as far as you can without losing control or experiencing pain. Stop the movement before your torso touches the ground.

Ten weeks of build-up

Adapt range of motion, support, frequency and volume to your own level. Only move on when the previous week felt good.

PHASE	FREQUENCY	SETS × REPS	GOAL
Week 1	1× a week	2 × 5	Learn the technique and limit the range of motion
Week 2	2× a week	2 × 5–6	Repeat control without forcing fatigue
Week 3	3× a week	3 × 5–6	More sessions, keep the quality
Week 4	3× a week	3 × 6–8	Increase volume under control
Week 5–10	3× a week	3 × 12, 10, 8	Full progressive training phase
Week 10+	1× a week	1 × 12, 10, 8	Maintain strength and help limit re-injury risk

Too hard? Make it easier

- Shorten the range of motion and build from there.
- Push along more actively with your hands while lowering.
- Hold a band or stick for light support.

Too easy? Make it harder

- Lower more slowly — count to four, then to six.
- Come back up without using your hands.
- Pause for two counts at the hardest point.

Soreness is normal, pain is not. Solid muscle soreness in the first two weeks is normal. Sharp pain in the muscle belly or behind the knee is not — stop and consult a physiotherapist.

Cleaning, storage and inspection

Clean Nordbelt with water only. Do not use soap, detergent, solvents or bleach. Let the strap dry completely before using it again.

How to make your Nordbelt last

- Not machine washable and not suitable for a tumble dryer.
- Air dry — not on a radiator or in direct sunlight.
- Store dry, in the carry bag supplied.
- Keep the hook-and-loop free of lint, sand and hair; that preserves its holding power.
- Inspect the stitching, loops and buckle regularly for wear.

Troubleshooting

WHAT YOU NOTICE	WHAT TO DO
The strap slides during the exercise	Tighten both sides and check that the hook-and-loop is clean and fully overlapping.
The hook-and-loop holds less well	Remove lint and hair from the hooks. If it keeps failing to hold, get in touch.
The strap presses on the ankle	Wear higher socks or move the strap slightly higher, just above the ankle joint.
The anchor point moves	Stop and choose a different anchor point. A moving anchor is never safe, however short the set.
Visible damage or deformation	Stop using Nordbelt and contact customer service.

When to replace your Nordbelt

- Cut, frayed or pulled-apart stitching
- A buckle that no longer clicks shut audibly, or has play in it
- Hook-and-loop that no longer holds, even after cleaning
- A strap that is visibly stretched or deformed

Never replace individual parts yourself. If you recognise any of these, stop using it and contact customer service.



Warranty, returns and contact

30

day return period

1552 N

stated component value

1 business day

support response time

The 1552 N figure refers to the metal buckle and is a component value within the communicated test context. It is not a safety guarantee for the setup as a whole and does not replace correct attachment, inspection, instruction or a stable anchor point.

Returns

You have a 30-day return period on your order. The product must be unused, clean and in its original packaging. Return shipping costs are borne by the buyer.

Contact

Questions about use, practical application or a larger rollout? Email contact@nordbelt.com. We usually respond within one business day. The full setup guide and safety report are available at nordbelt.com.

Liability

Nordbelt vof is not liable for any damage, injury, or accidents resulting from improper use, incorrect installation, or failure to follow the instructions and safety guidelines in this manual. Use of the Nordbelt is at your own risk. It is the user's responsibility to ensure correct installation and usage according to the provided instructions. Consult a medical professional before starting a new training program using Nordbelt, especially if you have existing health issues or injuries.

Scientific background

1. Rudisill SS, Varady NH, Kucharik MP, Eberlin CT, Martin SD. *Evidence-Based Hamstring Injury Prevention and Risk Factor Management: A Systematic Review and Meta-analysis of Randomized Controlled Trials*.
2. Biz C, Nicoletti P, Baldin G, Bragazzi NL, Crimi A, Ruggieri P. *Hamstring Strain Injury Prevention in Professional and Semi-Professional Football Teams: A Systematic Review and Meta-Analysis*.
3. van der Horst N, Smits DW, Petersen J, Goedhart EA, Backx FJG. *The Preventive Effect of the Nordic Hamstring Exercise on Hamstring Injuries in Amateur Soccer Players*.