



Following ISO-20957 guidelines. Intended for users up to 122 kg.

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.

Designed in the Netherlands 



Contact us

contact@nordbelt.com

www.nordbelt.com

www.nordbelt.com/pages/how-to-guide



Nordbelt

Hamstring Training

Nordic Hamstring Curl

Backed by science



Designed in the Netherlands 

How to use

Preparation: Place an exercise mat, cushion, or something soft on the ground to protect your knees during the exercise. Wear appropriate footwear with non-slip soles. Find a door, fence or fitness bench.

Setting up the Nordbelt: Kneel down facing away from the attachment point of the belt. Place your feet between the adjustable straps of the Nordbelt. Ensure the Nordbelt fits securely over your ankles and lower legs by adjusting the straps on both sides and fastening the Velcro.

Performing the Nordic Hamstring Curl: Keep the torso aligned and hands in position to catch yourself if required. Engage the hamstrings and slowly lean forward from the knees, maintaining a straight back. Lean forward as far as possible without losing control or experiencing pain. Use your hands to catch yourself if needed and stop the movement before your torso touches the ground. Slowly return to the starting position by contracting your hamstrings if possible.

Repetitions: Start with 2 sets of 5 repetitions and gradually increase the number of repetitions and sets according to our training protocol as your strength improves. Take sufficient rest between sets to prevent overloading.

Important usage instructions

Intended for users **up to 122 kg** with an age **older than 18 years**.

Check for wear and tear before each use. Do not use the product if there are defects and contact customer service. Do not replace parts of Nordbelt by yourself.

Keep unattended children and pets away from the Nordbelt to prevent accidents.

Check if the door, fence, fitness bench is made of solid material and if it is tightly secured. Never use the opening side of the door. Use a steady flat smooth surface and keep a safe space around the area of exercising.

Individuals with hamstring injuries or other injuries should consult a doctor or physiotherapist before starting training. Individuals with hamstring injuries have a risk of further tearing depending on the stage of recovery. Stop directly when experiencing pain. Always warm-up 5-10 minutes before using Nordbelt.

Clean Nordbelt only with water without other substances. Let it dry before using again.



Pull through the loop onto a fence



Slide under the door with the buckle facing the closing side



Pull through each other loop and around a fitness bench

Nordic Hamstring Curl

Starting position



Use your hamstrings to control a slow downward motion

Brace for impact with your arms when needed

Rest position

