

Supplementary Material 1. Exercise protocol for the Nordic hamstring exercise and single leg Romanian deadlift

Week	Frequency	Sets	Repetitions	Rest Between Sets (minutes)	Total Weekly Repetitions
1	2	2	5	2	20
2	2	2	6	2	24
3	2	3	6	2	36
4	2	3	8	2	48
5	2	3	10	2	60
6	2	3	12	2	72
