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# Reverse Nordics

## GREAT ATHLETIC TRAINING EXERCISE SERIES



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**FORM:** To perform the reverse Nordic curl, kneel on a padded surface. Begin the movement by tensing/bracing your abs and glutes to stabilize your core while your torso is kept in a vertical position. While keeping your hips extended and torso rigid, gradually lean backwards by flexing at the knees. Descend as far as you can control the movement and then return to the starting position by extending your knees. I really engage the glutes when doing this exercise and also perform isometric dorsiflexion at the foot. Repeat several times in a controlled manner. Go back as far as you can comfortably. If you can perform the reverse Nordic curl with an extended hip position through a 3/4 ROM for a moderately high number of reps you can lift arms overhead or hold a weight across your chest. Some advocate being able to go all the way back. I do not think that is necessary. [See more here](#)



What is the reverse nordic exercise? It is pretty much the opposite of one of my favorite leg exercises the Nordic Curl. It is a body-weight exercise which mainly works the quadriceps and hip flexor at the same time, which few exercises do. This is important since the dual action is encountered in many sports, This joint friendly exercise places a strong emphasis on the controlled eccentric component to elicit muscular and tendon strength adaptations in the knees and hips via increased time under tension. I must stress that it has a large eccentric component, meaning the muscles are working whilst lengthening. This is important for athletes since many injuries occur when a muscle undergoes rapid lengthening, such as when running, kicking a ball, quickly decelerating or landing from a jump. By improving a muscles eccentric strength, it is possible to reduce injury risk by being better prepared to handle such forces. It has been shown to produce a significant increase in the muscle fascicle length, muscle thickness, pennation angle, and cross-sectional area in the quadriceps muscles including the often injured rectus femoris. As a hip flexor, the rectus femoris is heavily involved in the sprinting movement. Research suggest that this exercise can change the architecture of the rectus femoris muscle in a positive way ( [study](#) ). This in turn may help in sprint performance. This is important since many exercise for the lower body such as the squat or lunge do not work the dual joint rectus femoris to a high degree. Rectus femoris can often become chronically weak and short due to spending long periods of time sitting. So safe exercises that can strengthen the rectus femoris are warranted. The reverse Nordic Curl is one of them.