

Table 2. *The effect of Nordic hamstring interventions performed with bodyweight ( $NHE_{bodyweight}$ ) and additional weight ( $NHE_{weighted}$ ), as well as weighted razor hamstring curl interventions ( $RHC_{weighted}$ ), on measures of knee flexor force (N).*

	Test	
	NHE peak strength	RHC peak strength
<b><math>NHE_{bodyweight}</math> group</b>		
Day 0 (Pre intervention)	460 ± 112	466 ± 113
Day 42 (Post intervention) ( <i>d</i> )	528 ± 87 (0.75)	490 ± 87 (0.33)
Day 70 (Post detraining) ( <i>d</i> )	501 ± 95 (0.45)	492 ± 88 (0.35)
<b><math>NHE_{weighted}</math> group</b>		
Day 0 (Pre intervention)	465 ± 96	456 ± 81
Day 42 (Post intervention) ( <i>d</i> )	546 ± 78 <sup>#</sup> (0.90)	502 ± 59 (0.65)
Day 70 (Post detraining) ( <i>d</i> )	520 ± 86 (0.61)	490 ± 70 (0.48)
<b><math>RHC_{weighted}</math> group</b>		
Day 0 (Pre intervention)	441 ± 75	476 ± 69
Day 42 (Post intervention) ( <i>d</i> )	506 ± 82 (0.72)	558 ± 105 <sup>#</sup> (1.15)
Day 70 (Post detraining) ( <i>d</i> )	501 ± 82 (0.67)	548 ± 73 (1.01)

All data presented as mean ± SD of dominant and non-dominant limb. Effect sizes (d) are presented with comparisons to Day 0 (Pre intervention).

<sup>#</sup>= $p < 0.05$  vs. Day 0 (Pre intervention).

