



Muscle Group: Hamstrings

Machine Exercise: Seated Leg Curl

Setting up the machine:



Pull the handle for adjustment of the backrest. Position the backrest so that the knees are aligned with the black pivot point while seated.



Turn the handle for adjustment of the leg pad length. Position the leg pad so that it is aligned just under the calves.



Pull the handle on the upper leg pad to adjust its position. Secure the pad on your upper leg, so you are fixed in position.



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The Exercise



Place the back of lower leg on top of padded lever (just a few inches under the calves) and secure the lap pad against your thighs, just above the knees. Then grasp the handles on the machine. This will be your starting position.



As you exhale, flex at the knee as far as possible to the back of your thighs. Keep your torso stationary at all times. Hold the contracted position for a second. Slowly return to the starting position as you breathe in.