



Muscle Group: Hamstrings

Machine Exercise: Seated Leg Curl



Push the button to pull out the handle for adjustment of the weight



Pull the handle to adjust the leg pad. Position it just above the ankles.



Push the button and use the handle to adjust angle of the pad.



While seated keep your legs straight, while holding the handles and pushing the pad on your thigh.



Bend your legs until they are in a 90° angle.