

Leg Curl



For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising & contact your physician. Alert gym staff if assistance is needed.

Lifting Technique:

1. Select desired weight
2. Adjust the lower roll pad to touch the back of the ankle just above your heels
3. Lie prone on the pad
 - Knees should be just off the edge of the pad [Fig. 1]
 - Grasp the handles or front of the pad for stability
 - Turn the head to one side to avoid hyperextending the head
4. Flex legs bringing the heels fully to the gluteus maximus or the buttocks [Fig. 2]
 - Keep the body completely on the pad
5. Lower the weight by extending the legs
6. Complete the repetitions

Muscles Trained:
Hamstrings

