



ANTHONY WARD

LEG CURL

START



- Adjust machine to fit your height
- Lay facing down on your stomach
- The padded cylinder should be on the back of your legs a few inches under the calves
- Fully extend your legs
- Tighten your core muscles to keep your torso flat
- Grab the handles in front of your shoulders to steady yourself
- Ensure feet are flexed

MIDDLE



- As you exhale curl your legs up as far as possible
- Do not lift your upper legs from the pad
- Once you are fully contracted hold for a second

END



- As you inhale bring the legs back down to the starting position
- Ensure movement is slow and controlled
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

HAMSTRINGS & CALF MUSCLES

- When performed at an appropriate volume, leg curls can effectively increase the size of your hamstrings.
- Also activated are the two major muscles in your calves, gastrocnemius and soleus.

NOTE

Do not use so much weight that you start using swinging and jerking movements as you can risk both a lower back injury and a hamstring injury.