

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

LEG CURL (SEATED)

A. Emphasis. This movement is very effective in isolating the muscles in the back of your upper leg (hamstrings).

B. Starting. Sit in the seat with your back against the seat. Place your legs up on top of the foot pad (just above the ankle). Adjust the thigh pad down on your thighs to anchor them in snugly. Hold on to the handles at the side to keep your upper body stable.

C. Movement. Pull the leg pad down and back as far as you can without arching your back. Take **2 to 3** seconds to return the pad back up to the starting position.

D. Training Tips.

- 1) Keep your toe pointed up and ankles flexed throughout the entire movement.
- 2) The back of the seat should be adjusted to a position where your knees are even with the pivot point of the leg pad arm.
- 3) Do not arch your back when pulling the pad back. This will reduce the stress placed on the lower back.
- 4) You can perform single leg curls for rehab purposes **only**. Be very careful, this can hurt the lower back.

F. Warning Tips.

- 1) **Do not** arch your back during this movement. This can cause an injury to your lower back.
- 2) **Do not** point your toes during this movement. This will place more stress on your calf muscles.
- 3) **Do not** return the leg pad to the starting position any faster than **2 to 3** seconds. You must be in control at all times. The faster you perform this movement, the less control you will have which in turn will increase your risk of injury.