

# SEATED LEG CURLS



1. For this exercise you will need to use a **Seated Leg Curls Machine**.
2. Adjust the weight stack on the machine to your desired resistance to be used then sit comfortably with your back pressed firm against it's back pad, then adjust the machine's lever to fit your height.
3. Place the back of your lower legs on top of the padded lever (just a few inches above your heels), then secure the lap pad to press down against your thighs just above your knees to keep your legs pinned down. Grasp the sidebars or front handles/bars on the machine as you keep your feet flexed with your toes pointing forward, while ensuring that your legs are almost fully extended but not locked to avoid overstressing your knee joints. This will be your starting position.
4. Now use your hamstrings muscles to push the lever all the way down by curling your lower legs for as far as they can go, while keeping your torso stationary on the seat throughout the entire movement.
5. Slowly bring the lever back up to it's starting position while keeping your hamstrings muscles fully engaged and under constant tension.
6. Repeat this motion for the recommended amount of repetitions.

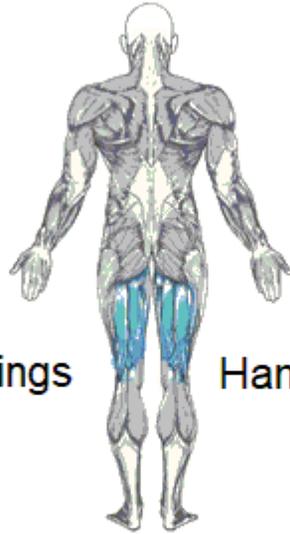
**CAUTION:** NEVER use a heavy weight setting when performing this exercise to avoid getting any knees and/or hips injury. Do NOT swing or jerk the lever in anyway, but rather execute slow and controlled movements to gain the best out of this exercise. Make sure both your feet stay 'flexed' and pointing forward throughout the entire movement. STOP immediately if you felt any sharp knee pain.

## ALTERNATIVE EXERCISES:

[Lying Leg Curls](#) / [Dumbbell Stiffleg Deadlifts](#) / [Barbell Stiffleg Deadlifts](#) / [Seated Leg Press \(Hamstrings\)](#)

# SEATED LEG CURLS

## PRIMARY MUSCLE



Hamstrings

Hamstrings

A **primary muscle** is the main muscle group responsible for controlling a certain movement or the muscle group that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%100** when performing this exercise.



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