

# LYING LEG CURLS



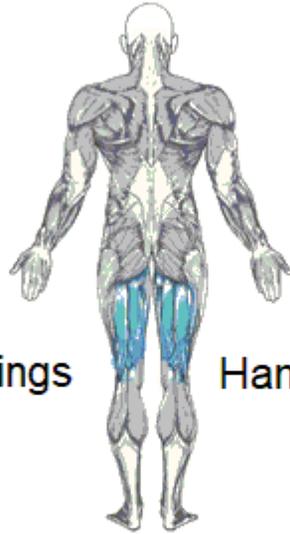
1. For this exercise you will need to use a **Lying Leg Curls Machine**.
2. Adjust the weight stack on the machine so it fits your desired resistance to be used, then adjust the machine's lower lever to fit your height so that the lever is placed right above your ankles.
3. Lie down on your front then place the back of your lower legs against the padded lever (just a few inches above your heels), then grasp the front 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 up by curling your lower legs for as far as they can go, while keeping your torso flat and stationary on the bench throughout the entire movement.
5. Slowly bring the lever back down 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, lower back, hamstrings, glutes and/or hips injury. Do NOT swing or jerk the lever in any way, but rather do you best to execute slow and controlled movements to gain the best results out of this exercise. Make sure to keep both your feet 'flexed' and pointing forward throughout the entire movement. STOP immediately if you felt any sharp knee and/or hamstrings pain.

**ALTERNATIVE EXERCISES:** [Seated Leg Curls](#) / [Barbell Stiffleg Deadlifts](#) / [Seated Leg Press \(Hamstrings\)](#)

# LYING 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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