

ISOLATED SEATED LEG CURLS



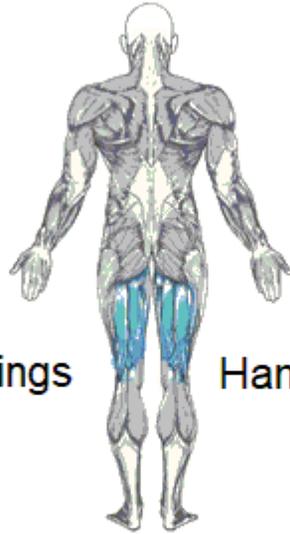
1. For this exercise you will need to use a **Seated Leg Curls Machine**.
2. Adjust the weight stack on the machine to your desired resistance to be used then sit comfortably with your back pressed firm against it's back pad, then adjust the machine's lever to fit your height.
3. Place the back of your right lower leg on top of the padded lever (just a few inches above your heel), with your left leg bent down and stationary. 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 right foot flexed with your toes pointing forward, while ensuring that your leg is almost fully extended but not locked to avoid overstressing your knee joint. This will be your starting position.
4. Now use your right leg's hamstrings muscles to push the lever all the way down by curling your right lower leg for as far as it can go, while keeping your left leg and you torso stationary throughout the entire movement.
5. Slowly bring the lever back up to it's starting position while keeping your right leg's hamstrings muscles fully engaged and under constant tension.
6. Repeat this motion for the recommended amount of repetitions.
7. Switch legs and perform the same exact motion for the same amount of repetitions with your other leg.

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: [Isolated Dumbbell Stiff Leg Deadlifts](#) / [Isolated Lying Leg Curls](#) / [Isolated Kneeling Leg Curls](#)

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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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