

Personal Training by Robert J. Bovee

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LEG CURL (LYING)

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

B. Starting Position. Lie face-down on the bench with your knees just off the edge of the pad. Position your body so the leg pads are resting up against the Achilles tendon (just above your ankle). Hold on to the handles located on the either side at head level.

C. Movement. Bending your knees, raise the leg pad up as far as you can (at least **90** degrees). Take **2** to **3** seconds to lower the pad until it is in the starting position.

D. Training Tips.

- 1) Keep your hips against the bench throughout the entire movement.
- 2) You can do single leg curls for rehab purposes **only**. Be very careful, this can hurt the lower back.

F. Warning Tips.

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