

# LEG CURL

- Lie face down - kneecap off the end of small pad A
- Place your feet behind lever B - the lever B automatically adjusts to your leg length and pivot point of knee
- Select weight
- Curl legs towards buttocks
  - or at least 90° angle
  - return smoothly



## Setting Up



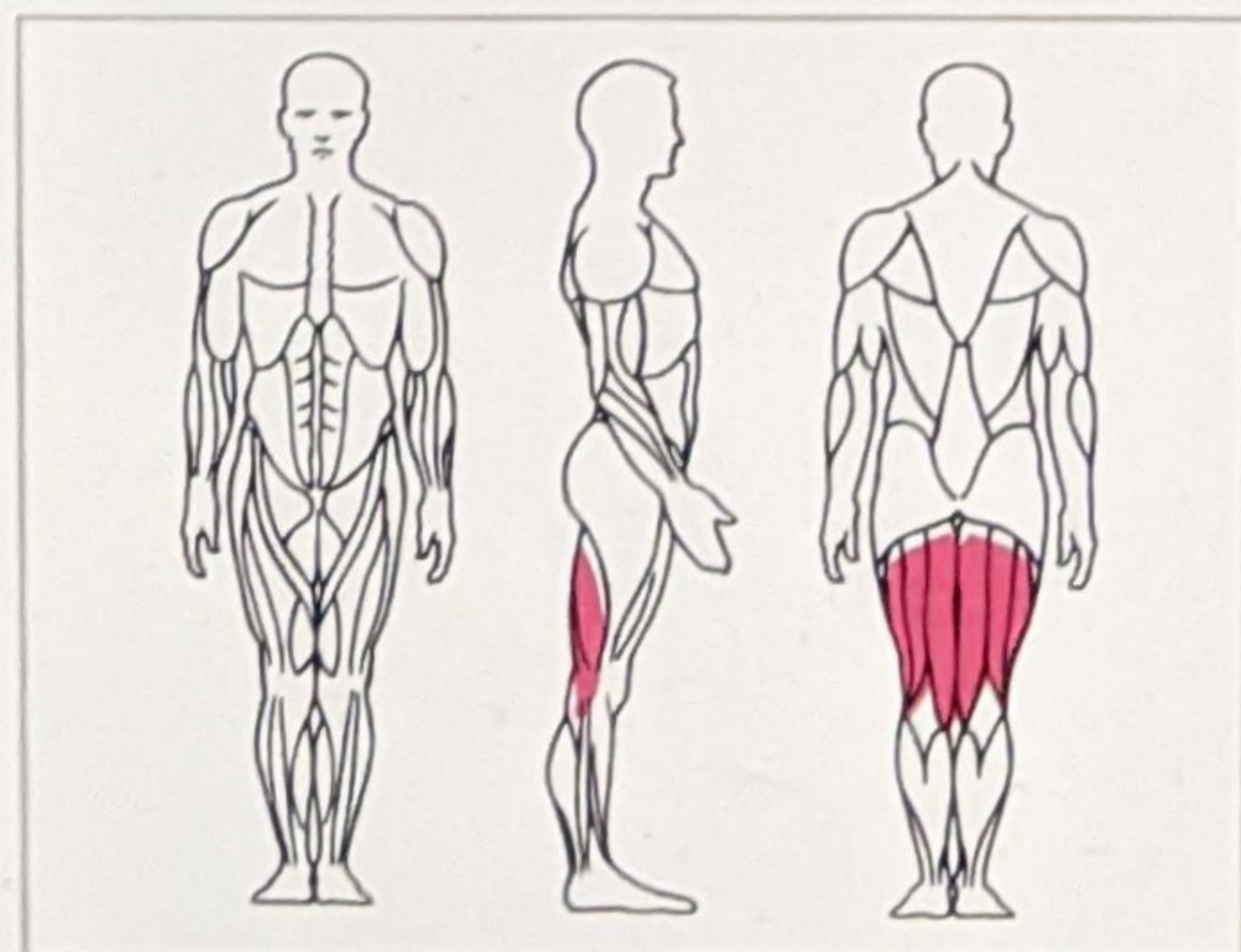
## Start



## Finish



## Muscles Used



## Training Tips

- Do not lift head and shoulders off pad when exercising
- Keep your hips in contact with pads whilst exercising

## Muscles Used

Hamstring (Knee Flexors)  
Biceps Femoris - Semitendinosus  
Semimembranosus

<b>WEIGHT NO.</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<b>KG's</b>	8	10	12	14	16	19	22	25	28	31	34	37	40	43	46

<b>WEIGHT NO.</b>	16	17	18	19	20	21	22	23	24	25
<b>KG's</b>	49	52	55	58	61	64	67	70	73	76