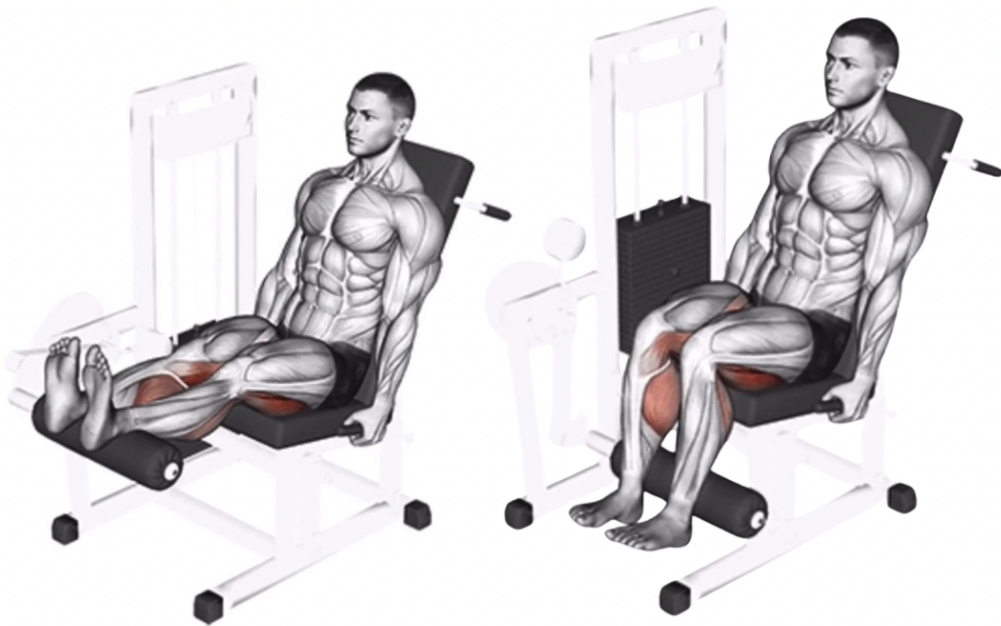


HOW TO PERFORM A SEATED LEG CURL

MUSCLES WORKED

HAMSTRINGS



1. Adjust the machine so that you are correctly positioned. Your knees should be in line with the machine's joint.
2. Push the weight down by bending your knees as far as possible.
3. Slowly let the weight back again.

COMMON MISTAKES:

- **Not adjusting the machine correctly.** By not adjusting the leg pad and seat height to your body, the exercise will be very hard to perform, and it can lead to an ineffective and possibly painful exercise.
- **Adding too much weight.** If you add more weight than you can control, it's easy to start relying on the momentum and swinging the weight. Besides fooling yourself, and making the exercise less effective, this can cause harm to the machine as well. Lower the weight, and keep the movement controlled and slow.