

Leg Curls



Muscle Group: Legs (hamstrings) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Weight machine

Instructions

1. Make adjustments to the machine so that the foot bar is aligned with your ankles.
2. Adjust the weight using the pin.
3. Sit on the seat, hold the handles, and place your feet on top of the foot bar.
4. Slowly pull the foot bar down and bend your legs.
5. With control, return to the starting position with your legs extended.
6. Repeat this 10 times (3 x 10).

Tips & Modifications

- Start with the lowest weight on the machine to practice the correct motion, then increase weights.



Click here or scan the QR Code below to watch video instructions!

