

EXERCISE PRESCRIPTION: Leg Curl

By **Matt Brzycki**
Strength Coach
Princeton University

Muscles used: hamstrings

Equipment possibilities: machines (selectorized and plate loading), manual resistance

Suggested reps: 10-15

Type of movement: single joint

Notes: The top of your kneecaps should be positioned just over the edge of the pad, not on the pad.

Pull your heel(s) as close to your buttocks as possible in the mid-range of each repetition. The angle between your upper and lower leg(s) should be about 90 degrees or less. (This could be deceiving if the machine's pad is "humped" or angled rather than flat.)

It's okay to raise your hips as you do this movement because this action actual-




ly increases your range of motion.

- Lower the resistance back to the starting position (legs straight) at the end of each rep to provide a proper stretch.

This movement may be done unilater-

ally (one side at a time) if you have a knee injury, a gross strength imbalance or desire a training variation.

- Leg curls may be contraindicated if you have low back pain. 

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