

Muscle Strengthening at the Gym (Leg Curls)

(Dave Patania)

The leg curl machine works hamstring muscles on the back of the thigh.

Put your ankles on top of the pad rather than behind the pad as on the leg extensions.

Place your ankles so that the pad hits right above your heel and allows your ankles to bend and straighten.

Don't forget to position your knee and align with the machine axis point as you did on the leg extension.

Grip the handles lightly and push down with your legs in a smooth controlled motion

Remember to breathe -- exhale while you lifting the resistance inhale as you return to starting Position.