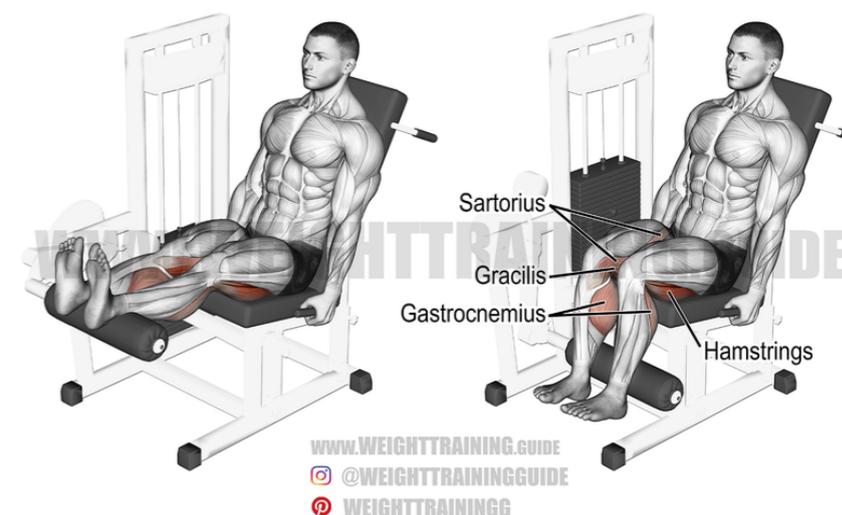


Leg Curl Machine

Do it Right!
Exercises you Should Do

TYPES: There are three basic types of leg curls machines: Lying (prone), Seated (as pictures), and Standing. All of which isolates the hamstring using a machine. **PERFORMANCE:** Strengthen with 10+ repetitions for 1-3 x sets. **FORM:** In a seated position line up your knee to the axis of the pivot point on machine. Make sure the padded portion of the leg roller is against the mid point of achilles tendon. Make sure that the back pad is pressed against back. Always keep back in neutral (slight curve to low back) with shoulders back and head up. Place your hands on the hand bars. Curl the weight down and back until your legs are almost straight. Keep toes pointed up. Do not lock your knees. Do not arch your back or let buttocks come off seat. Raise the weight back to starting position. Do not let weights stack touch. In other word keep tension on the muscle and repeat. **DO NOT LET MOMENTUM DRIVE THE MOTION.**



It is widely accepted that hamstring weakness and muscle imbalances increase the risk of leg lower body injuries in athletes. Thus, hamstring-strengthening exercises should be considered as an essential component of the injury prevention programs. **STRONG HAMSTRINGS PROTECTS YOUR KNEES AND BACK. ISOLATION EXERCISES, LIKE THE CURL, WILL HELP IMPROVE PERFORMANCE AND PREVENT INJURIES DESPITE WHAT SOME MAY THINK.** The hamstrings compose a bi-articular muscle group crossing the hip and knee joint that acts synergistically in extending the hip and flexing the knee during sprints related activities. Hamstrings are highly activated in sports involving deceleration, acceleration and jumping and represent one of the most frequently injured muscle groups in sports like soccer. A study found that the occurrence of hamstring strain injuries were clearly lower in the group (3 out of 15) that did additional specific hamstring training using the the leg curl machine, which is an isolation exercise machine, than in the control group (10 out of 15) that did not get the additional hamstring training. In sporting activities, such as running, sprinting, and changing direction, the hamstrings are controlling forces concentrically and eccentrically from various angles of knee flexion. So, it stands to reason why the addition of the leg curl machine exercise created superior results in both improved performance and hamstring injury risk reduction. **I INCORPORATE THIS EXERCISE AS WELL AS OTHER HAMSTRING ISOLATION EXERCISES INTO ALL MY SPEED ATHLETES TRAINING.** There are other hamstring exercises that should be considered when developing a sport conditioning program. A few of my other favorites are the Golfer's Squat, Nordic Curl, and Ball Hamstring Curls. **The leg curl machine is considered a Novice Exercise** ([see complete list](#)).