

EXERCISE YOUR ECCENTRIC GENIUS IN STRENGTH

LEGS 3: LEG CURL



"Lowered" Position

Seated Leg Curl



"Lifted" Position

3



Lying Leg "Wrestling"



LEG CURL: LEGS 3

Seated Leg Curl:

- Adjust the seat position so your knee joints are properly aligned with the axis of rotation of the machine.
- If available, use the seat belt to prevent your body from slipping forward as your legs pull the resistance backwards.
- Dorsi-flex your feet (toes pulled back toward your knees) to help prevent your calf muscles from cramping as they contract to assist the hamstrings.
- Using a smooth controlled motion, bend your legs slowly, pulling your feet down and back; be sure to pause momentarily in the lifted position.
- Slowly return your legs to the lowered position, but do not rest or allow the weight stack to hit. Go down with the weight and then right back up.
- If possible, try to incorporate a variety of Leg Curl Machines into your routine, especially a Lying Leg Curl. The hamstring is a biarticular muscle (crosses two joints) and is responsible for flexing the knee and extending the hip. A Seated Leg Curl is a simple start, but using a variety of machines ensures that the hamstrings are being properly strengthened throughout their full capacities.

Lying Leg “Wrestling”:

- Lie on your stomach with your kneecaps hanging very slightly over the edge.
- Cross your ankles and Dorsi-flex your feet (toes pulled back towards your knees). Keep your knees close together and your feet and ankles close together.
- To adequately warm up the muscles, bend and extend your knees, bringing your heels up and down through a full range of motion. Provide just a little bit of resistance as you perform this motion, one leg “wrestling” the other.
- All subsequent repetitions should be performed by pulling up with the lower foot and pushing down with the upper foot in both directions, bend and extend.
- Concentrate on slowly moving from the lowered into the lifted position, and *super* slowly when returning the lowered position. Really fight yourself hard.
- Because you are “wrestling” throughout both directions of this movement, continue to breathe in and out in both directions to keep blood pressure down.