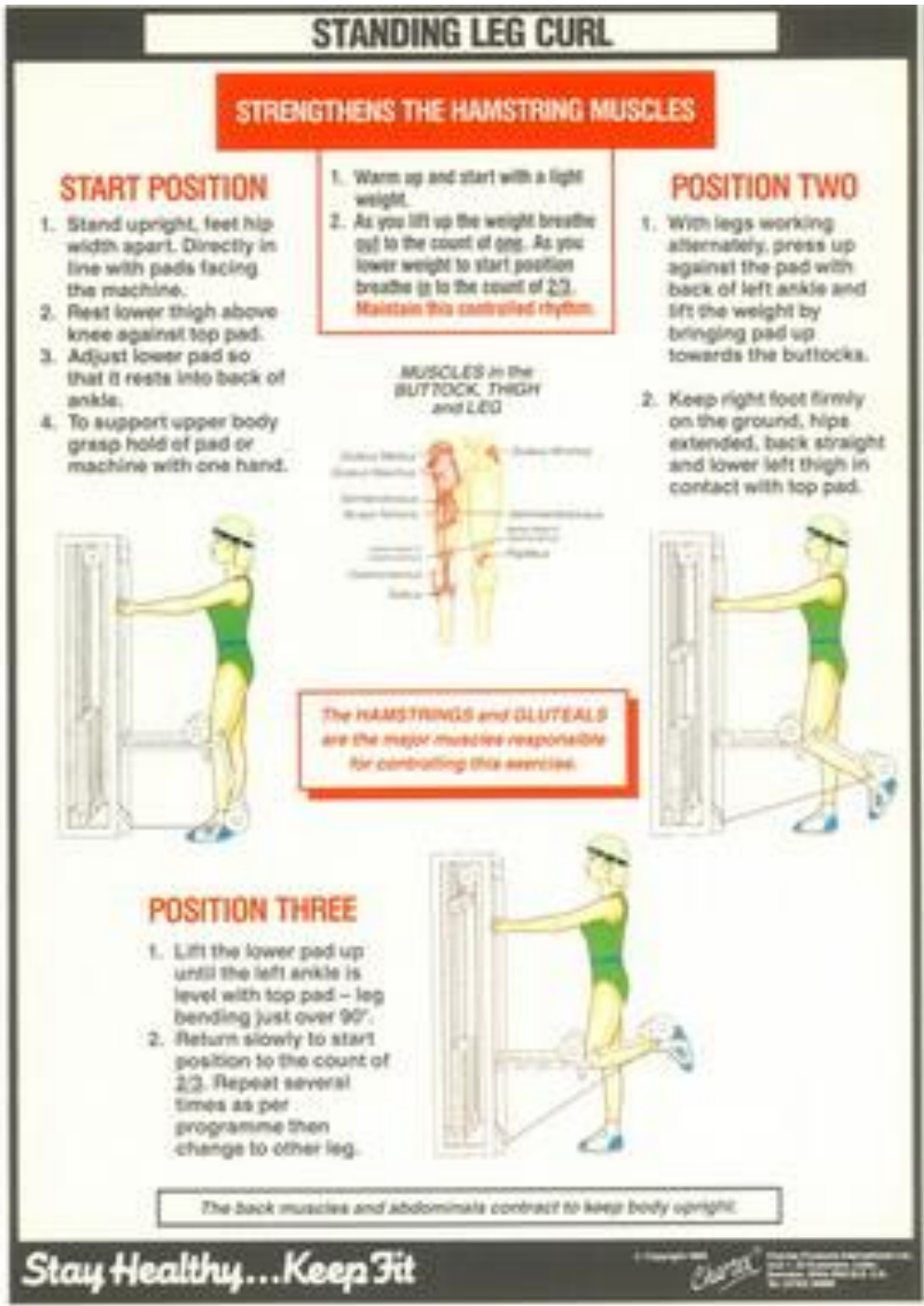


Standing Leg Curl Machine Mounted Chart– CT069

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Standing Leg Curl exercise. Each exercise position is supported with instructional advice on how to do the exercise properly and safely. Information is also given on how to breathe correctly during the exercise and this helps to reinforce good coaching by the Gym Instructor. The A5 size is ideal for fixing on to your training machine.</p>
<p>Details</p>	<p>1. Dimension: A5 Size</p>
<p>Image</p>	 <p>STANDING LEG CURL</p> <p>STRENGTHENS THE HAMSTRING MUSCLES</p> <p>START POSITION</p> <ol style="list-style-type: none"> Stand upright, feet hip width apart. Directly in line with pads facing the machine. Rest lower thigh above knee against top pad. Adjust lower pad so that it rests into back of ankle. To support upper body grasp hold of pad or machine with one hand. <p>POSITION TWO</p> <ol style="list-style-type: none"> With legs working alternately, press up against the pad with back of left ankle and lift the weight by bringing pad up towards the buttocks. Keep right foot firmly on the ground, hips extended, back straight and lower left thigh in contact with top pad. <p>POSITION THREE</p> <ol style="list-style-type: none"> Lift the lower pad up until the left ankle is level with top pad – leg bending just over 90°. Return slowly to start position to the count of 2/3. Repeat several times as per programme then change to other leg. <p>MUSCLES in the BUTTOCK, THIGH and LEG</p> <p>The HAMSTRINGS and GLUTEALS are the major muscles responsible for completing this exercise.</p> <p>The back muscles and abdominals contract to keep body upright.</p> <p>Stay Healthy... Keep Fit</p> <p><i>Curves</i></p>