

Your Exercise Routine: Seated Leg Curls

This next exercise is called a Seated Leg Curl. It is designed to strengthen the muscles of the upper part of your leg, that are behind the leg. These muscles provide stability and strength to the kneecap.

Most leg curl machines come with a variety of different settings. You want to set the seat in a position so that your knee is lined up with what we call the axis of rotation of the machine.

Your ankles need to fit comfortably over a pad, an ankle pad. The ankle pad should not be under the calf, it should be under the ankles, and there is usually some other pad that is designed to secure your legs from the top, and will fit down snugly on top of your legs.

We want to select the level of resistance for this exercise that is going to provide you with some challenge, that's heavy enough to give you some level of resistance, but that's not so heavy that you can't finish the exercise with good form.

The way we do this exercise, is you hold onto the handles so you maintain a nice straight posture on final alignment and then you're going to take your legs and curl them back to at least 90 degrees, maybe a little further, and then slowly bring them back up to a straight position. Push the pad down to 90 degrees, hold, and bring it back up to a straight position.

You want to complete 10 or 12 repetitions of this exercise, take a break, and like with our other exercises, complete a second set.

You want to make sure with this exercise that you don't hyper-extend your back in an attempt to get the weight down. If you find you're hyper-extending your back, then you want to lower the weight a little bit so you can maintain good form and not put stress on your back.

Let's do 2 more. And last one. Very good. That was awesome. Good job.