

# Low-Pulley Standing Leg Curl

Equipment Needed: Cable Crossover, Ankle Strap

## Start at this Position:

- Attach the ankle strap to your ankle and the other end to the low-pulley.
- *Note: If you cannot achieve full range of motion, use a step to raise your body.*
- Stand at arm's distance away from the equipment, holding it for balance and support only.
- Stand with a slight bend in your strapped leg to create tension.
- Keep your upper thighs aligned with each other.
- Keep your back straight and your head aligned with your spine.

## Steps to Performing the Exercise:

### 1. Start Position



Exhale as you slowly curl your lower leg, bending from your knee.

### 2. Middle Position



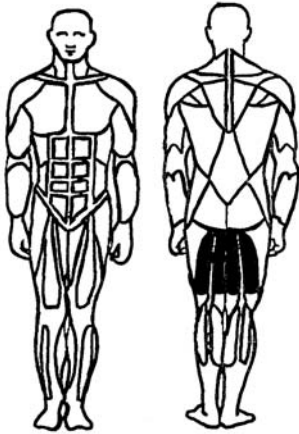
Continue to curl, keeping your back straight and your head aligned with your spine.

### 3. End Position



Curl your lower leg until your calf touches your hamstring, keeping your upper thighs stationary and perpendicular to the floor. Hold for 1/2 a second, squeezing your hamstring.

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### Region: Legs

- Primary Muscle Worked: Hamstrings

### Focus on Your Form:

- Throughout the entire range of motion:
  - Keep your back straight and head aligned with your spine.
  - Hold the equipment for balance and support only.
  - Keep your thighs stationary and perpendicular to the floor.

#### 4. Return to Middle



Inhale as you slowly return to starting position.

#### 5. Return to Start



Keep a slight bend in your knee. Repeat the movement for the recommended number of repetitions. Duplicate for the opposite leg. For each set, perform the entire exercise for one leg first, then for the other leg.