Seated Leg Curl

* Movement arm design allows for easy access and proper alignment of the knee joint.
* Truncated seat allows support without impeding the hamstrings.
* Goniometer (angle detector) enables observation of proper range of motion.

**EXERCISE -**

1. Pull up on handle beneath seat to set seat back depth for proper knee alignment (pivot point of knee in line with shield indication of axis of rotation).
2. Set pin in top weight stack.
3. Remove pin from bottom weight stack.
4. Push handle of leg carriage to enable sliding legs into place as you sit in machine.
5. While holding leg carriage, set bottom weight stack.
6. Grasp handles alongside seat.
7. Initiate the exercise by pulling feet downward smoothly.
8. Pause in fully contracted position, reverse direction smoothly and repeat.

**FOR ONE LEG OPERATION: -**Pull leg carriage out of way and swing ledge upward and insert pin. Prop idle leg on ledge while exercising the other.

