

Lying Leg Curl

Prone machine / controlled knee flexion

Lie face down with the pelvis and thighs supported; bend the knees to curl the heels toward the buttocks.



Start / Knees nearly extended, pelvis and thighs supported.

Main target: hamstrings

Biceps femoris, semitendinosus and semimembranosus on the back of the thigh are the main knee flexors.

Assistance: gastrocnemius

The gastrocnemius crosses the knee and ankle and assists knee flexion; its training stimulus need not equal that of the hamstrings.

How it works

The bench supports the torso while knee flexion moves the load. Do not substitute lifting the whole leg from the hip.

Pivot and roller setup

Align the knee joint with the machine pivot. Place the roller behind the lower legs, just above the heels. Support pelvis and thighs on the pads and grip the fixed front handles.

Trunk and gluteal muscles steady the pelvis; the grip supports upper-body stability. Follow the specific machine adjustments and distinguish these roles from knee-flexion prime movers.

Align, curl, return

Lying Leg Curl



1 Set the supported position

Lie face down and maintain both grips. Begin with the knees comfortably near extension and the roller against the back of the lower legs.

2 Curl by bending the knees

Draw the heels toward the buttocks to raise the lower legs and roller. Keep pelvis and thighs supported without arching or jerking.

3 Pause in a comfortable curl

Pause briefly where support and grip remain steady. Do not force the heels against the buttocks or twist the knees and ankles.

4 Return slowly to the start

Control the descent as the knees extend. Do not snap into hyperextension or drop the weight; complete the full return.

Curled / Keep the pelvis down as the roller follows its arc.

Technique checks

- Match knee axis to pivot; keep the roller just above the heels.
- Maintain pelvic/thigh support and closed grips on both handles.
- Move by knee flexion, avoiding back arch, hip lift and momentum.

Use a controllable load. Secure adjustment pins and keep hands clear of moving parts. Stop and reassess for pain or a slipping roller.

References

1. PureGym lying leg curl - [puregym.com / lying-leg-curl](https://puregym.com/lying-leg-curl)
2. Precor RSL0606: knee/pivot alignment - [precort.com / RSL0606](https://precort.com/RSL0606)
3. Hamstring anatomy: AAOS - [orthoinfo.org / hamstring-muscle-injuries](https://orthoinfo.org/hamstring-muscle-injuries)
4. Gastrocnemius role: Sports Medicine Australia - [sma.org.au / Gastrocnemius.pdf](https://sma.org.au/Gastrocnemius.pdf)
5. Prone-curl knee/ankle EMG study - PubMed 31469769

Model reference: A.png / The same images are used in both languages.